

SACRED SEDONA CIRCUITRY



PRACTICE
FROM ERICK ROOK

Welcome to Your Sacred Journey: Sacred Sedona Circuitry

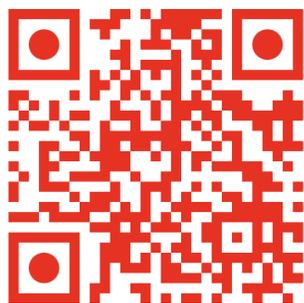
Thank you for embarking on this new adventure with me!

On the following pages, you'll find a unique form of meditation designed to guide you deeper into yourself and the world around you. This practice is simple by design, making it easy for you to learn, explore, and apply at your own pace. Think of it as a gateway into your inner landscape—each step will take you closer to the transformations you seek.

I encourage you to approach this journey with patience, curiosity, and consistency. While I can't predict exactly what shifts you'll experience, know that the changes you wish to create in your life are always within your reach.

If you ever need clarity or support, feel free to reach out to me through my website or Instagram. I'm here to help you along the way!

Here's to your journey inward—may it be filled with light, insight, and transformation.



Positive Vibes!

Erick

HOW THE PRACTICE WORKS

Sacred Sedona Circuitry includes 15 symbols, each paired with a guiding word and symbolism. You'll use them like flashcards, focusing on one symbol at a time.

- Initial Practice: Begin with 3 consecutive days in a row for the initial activation. Think of this as the "seeding stage".
- Focus: Look at each symbol for 1 minute (no longer), completing all 15 symbols in a 15-minute session.
- After Initial Practice: Follow your intuition—choose the symbols that resonate with you. You can work with all 15 or just a few that feel right.
- Frequency: Practice 1-3 times per day, but no more than 3 times. This gives your brain time to absorb and integrate the energy.
- Optional Journaling: Consider keeping a journal to track how you feel and any experiences you notice during your practice.

Note: Practicing longer than 15 minutes may reduce the impact.

During the Practice

- Relax your mind and allow the energy of each symbol to flow in.
- Avoid overthinking—simply gaze at the symbol and absorb it.
- Let your eyes connect with the symbol, acting as a window to your mind, soul, and spirit. Each symbol helps rewire your brain and offers insights into yourself and the universe.

Personalize the Symbols

- Feel free to recreate the symbols in your own style, while keeping the core shape intact. Hand-drawing them can help strengthen your personal connection.
- Think of each symbol as having its own vibration and consciousness, forming a personal relationship with you. These symbols act as bridges, opening your mind and facilitating a clearer connection between your physical self and higher awareness.

Optional Intuitive Channeling

After your initial practice, you may wish to explore deeper meditation around the symbols, accessing higher states of consciousness. Channeling is available to everyone and connects us back to the realms of our souls. While there are many ways to channel, it's important to know that this experience isn't for

GROUNDING YOURSELF

Before starting any practice, grounding helps balance and center your body. It brings a sense of safety, clarity, and support. It can also enhance your ability to feel, see, and hear more deeply.

Once you're comfortable with it, grounding can take less than 10 seconds. While there are many ways to ground yourself, here's a simple method that has worked well for me:

Step 1:

Visualize a grounding cord—a white pipe of energy light—extending from your pelvic area down to the center of the earth. Imagine the earth's energy flowing up this cord and into you.

Step 2:

Now, visualize a lightning rod (or an electrical conductor) running along your spine. The tip extends out of your crown (the top of your head). Picture energy from the sun, the universe, or both, connecting with the tip and flowing down into your crown, through your spine, and into your body.

Important note:

You can ground yourself in any posture—whether sitting, standing, walking, running, or even flying. Once you're familiar with this process, it becomes easy to ground yourself anywhere, anytime.

Explore Your Own Way:

Grounding is personal, and everyone connects with it differently. Feel free to explore other techniques or methods that resonate with you and make this practice your own.

BREATH WORK SUGGESTIONS

There are many breathing techniques, but to keep things simple, let's start with an easy one. Any technique can benefit your body and mind, so the key is not to feel overwhelmed—just begin with what feels natural.

Abdominal Breathing

This is a deep, slow, and soft breath that moves all the way down to your lower abdomen. It should feel natural, like the way children breathe.

There are two simple methods:

- Inhale and exhale through the nose, keeping your mouth closed.
- Inhale through the nose and exhale through pursed lips, like gently blowing air through your mouth.

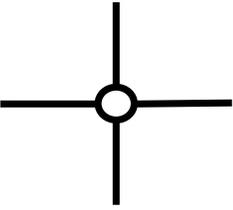
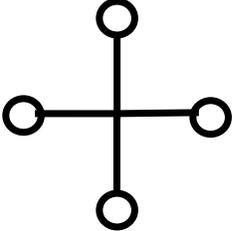
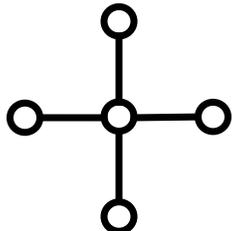
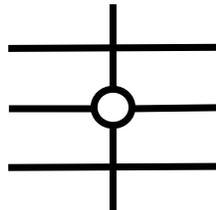
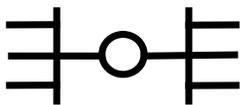
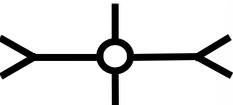
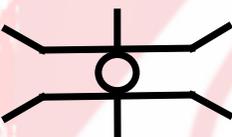
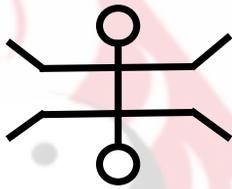
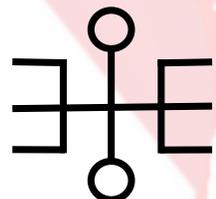
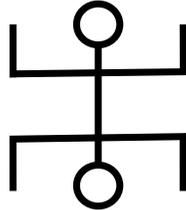
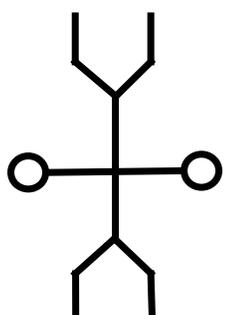
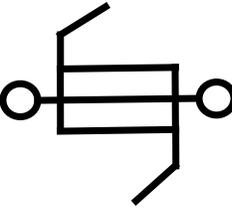
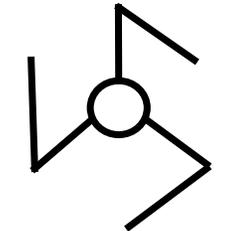
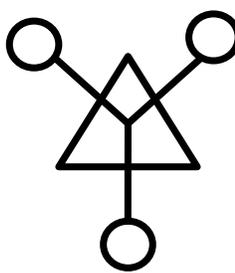
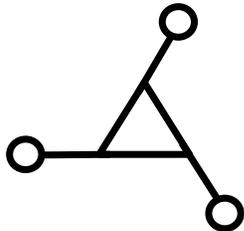
This breathing can be done anytime, apart from the Circuitry practice. It will help relax your mind and improve concentration.

Important notes:

- Don't hold your breath; it should always be smooth, natural, and continuous.
- Focus on abdominal breathing, not chest breathing.
- Avoid mouth breathing (wide-open mouth inhaling/exhaling).

Feel Free to Explore

As you become more comfortable, you might find other breathing techniques that resonate with you. Feel free to explore different methods that work best for your body and mind.

<p>FIRST</p>  <p>CENTER</p>	<p>SECOND</p>  <p>EXPAND</p>	<p>THIRD</p>  <p>BALANCE</p>	<p>FOURTH</p>  <p>PREPARE</p>	<p>FIFTH</p>  <p>EXPRESS</p>
<p>SIXTH</p>  <p>EXTEND</p>	<p>SEVENTH</p>  <p>UNLOCK</p>	<p>EIGHTH</p>  <p>FLOW</p>	<p>NINTH</p>  <p>RECEIVE</p>	<p>TENTH</p>  <p>RELATE</p>
<p>ELEVENTH</p>  <p>REALIZE</p>	<p>TWELFTH</p>  <p>ACT</p>	<p>THIRTEENTH</p>  <p>TRANSFORM</p>	<p>FOURTEENTH</p>  <p>CONNECT</p>	<p>FIFTEENTH</p>  <p>MANIFEST</p>

<p>FIRST</p> <p>Represents the heart of our being; the core from which everything radiates. It is the place of stillness and balance.</p> <p>CENTER</p>	<p>SECOND</p> <p>The process of moving outward from our core; expanding our energy and awareness into the world around you.</p> <p>EXPAND</p>	<p>THIRD</p> <p>Finding harmony between opposites- stillness and movement, effort and surrender. Achieving equilibrium in our mind, body, spirit.</p> <p>BALANCE</p>	<p>FOURTH</p> <p>Grounding ourselves to be ready for the next phase. Preparing our mind and body to receive new energy and insights.</p> <p>PREPARE</p>	<p>FIFTH</p> <p>The outward expression of our inner truth. Letting the world see who we are, sharing our voice, talents, and feelings openly.</p> <p>EXPRESS</p>
<p>SIXTH</p> <p>Extending our energy and intentions beyond ourselves. Offering our heart and spirit to others; spreading light and healing.</p> <p>EXTEND</p>	<p>SEVENTH</p> <p>Breaking through barriers or blockages. Releasing old patterns and making space for new possibilities.</p> <p>UNLOCK</p>	<p>EIGHTH</p> <p>Tapping into the natural flow of life and energy, allowing things to move effortlessly through us. Finding clarity and insight by staying in the flow.</p> <p>FLOW</p>	<p>NINTH</p> <p>Being open to accept new energy, ideas, or guidance from the universe. Letting go of control and allowing abundance to flow in.</p> <p>RECEIVE</p>	<p>TENTH</p> <p>Connecting with others and the world through understanding and empathy. Strengthening relationships by tuning into intuitive awareness.</p> <p>RELATE</p>
<p>ELEVENTH</p> <p>The moment of clarity in which a truth or insight becomes clear. Realizing our potential, purpose, or deeper understanding of a situation.</p> <p>REALIZE</p>	<p>TWELFTH</p> <p>Taking conscious action based on your realizations and insights. Moving forward with intention and purpose, bringing our ideas into reality.</p> <p>ACT</p>	<p>THIRTEENTH</p> <p>The crucible that allows for all change in a smooth and effortless way.</p> <p>TRANSFORM</p>	<p>FOURTEENTH</p> <p>Reinforce and establish our connection to all things.</p> <p>CONNECT</p>	<p>FIFTEENTH</p> <p>Allowing ourselves to see all things that we are connected to, appearing to us. Making visible which is already here, but was invisible to us before.</p> <p>MANIFEST</p>

For you to recreate the symbols by hand

FIRST	SECOND	THIRD	FOURTH	FIFTH
CENTER	EXPAND	BALANCE	PREPARE	EXPRESS
SIXTH	SEVENTH	EIGHTH	NINTH	TENTH
EXTEND	UNLOCK	FLOW	RECEIVE	RELATE
ELEVENTH	TWELFTH	THIRTEENTH	FOURTEENTH	FIFTEENTH
REALIZE	ACT	TRANSFORM	CONNECT	MANIFEST