

Ritual: Wearing Your Crown

This ritual helps you somatically embody your Golden Shadow.

Wearing Your Crown

1. **Stand tall.** Feet rooted. Shoulders back. Chin lifted.
2. **Place your hands on your heart.** Feel the warmth of your own presence.
3. **Say aloud:**
"I am allowed to be brilliant. I am allowed to be seen. I wear my power without apology."
4. **Visualize a crown of golden light** resting on your head. Feel its weight and warmth.
5. **Walk through your day with this energy.** Notice how differently you move when you own your light.

What shifted when you wore your crown?
