

Jess's Nova Expansion Node - Activation Blueprint

1. Sovereign Sigils for Healing & Empowerment - Sacred line symbols for alignment, sovereignty, and protection.
2. Daily Nature Grounding Rituals - Barefoot walking, sun gazing, breathwork.
3. Garden Templates - Raised beds, biodynamic cycles, moon-synced planting.
4. Human Body Alignment Blueprint - Chakra-vertebrae map, affirmations, breath + posture rituals.
5. Sovereign Affirmations Deck - Printable daily cards or scrolls for personal empowerment.
6. Children's Nature Harmony Module - Scavenger hunts, planting stories, body-earth-sky rituals.

