



Clarity Guide for Calling in Freedom

The Upleveling Phoenix, 2025 (C)

Hi there, I'm Kimber —

I'm delighted to welcome you to your Calling in Freedom morning meditation & your Clarity Guide.

I know how you're feeling right now because like you, I too struggled to get out of a toxic relationship & create a life of freedom...

Over 20 years ago I stumbled upon Reiki & became a Reiki Master in Traditional Reiki & a Grandmaster Money Reiki Practitioner.

Shortly there after I met & married the father of my children, & in order to make the relationship work I hid my brilliance & spiritual gifts.

Fast forward 10 years later & I was a shell of my former self, withering away in spirit & body. His behaviors became toxic & made it impossible for me & my daughters to be happy & be fully ourselves.

I resurrected my gifts & began my healing in secret for fear of his anger escalating.

My spiritual practices unlocked new gifts & moved me out of years of being stuck in a toxic marriage. I've dedicated my practice to helping women (like you), release relationships that have become toxic & heal, so that they too can finally create lives that are more satisfying & delightful than they ever thought possible.

No matter where you are on your journey, I am here to help you break free & become who you were truly born to be.

It's time to set yourself free & start truly living.



Love & Reiki - Kimber

Master Healer, Grand Master of Goddess Alchemy Money Reiki,
Akashic Records Karmic Healer, Certified Goddess Alchemy Spiritual
Life Coach, NLP Practitioner, Spiritual Guide.

The Upleveling Phoenix ©

How to Use Your Meditation & Guide

Morning Meditation:

Your Calling in Freedom Morning Meditation is most effective when it is listened to daily shortly after waking up, using ear phones.

However, sometimes, that's not possible. And I understand that. Sometimes there's no privacy from your toxic partner, sometimes you have small kids that wake up the minute they detect a change in your breathing patterns. So don't make yourself wrong or judge yourself for it.

If needed, listen to this audio at lunch time, or while walking, or while cooking dinner. Please don't listen to it while driving.

The key, is to find 15 minutes in your day where you can focus on yourself. Reconnect to yourself & start to embody Freedom. If you're able to listen to this meditation more than once a day, then go for it. The more you embody what Freedom feels like in your body, the faster your life will shift & bring you even more freedom!

Don't stress if your mind likes to wonder & gets active during your meditation. Just observe & record any highlights in the guide. Also you can think each phrase after it is spoken in the meditation to help focus your mind.

If you have children, feel free to do this morning meditation with them. Teaching them to connect to their chakras & create Freedom for themselves is an amazing gift to give them.

How to Use Your Meditation & Guide

Clarity Guide:

Use your clarity guide daily to track what comes up during meditation. Look for patterns over the week & then the month. What needs to be healed, to be released will make itself known through your daily practice.

If you realized that you've skipped a day (or two, or more) with the meditation or guide, please don't judge yourself. Don't make yourself wrong or assign meaning to it.

Just noticed what came up & got you off track. Note it in your Guide, and start your morning meditation practice again.

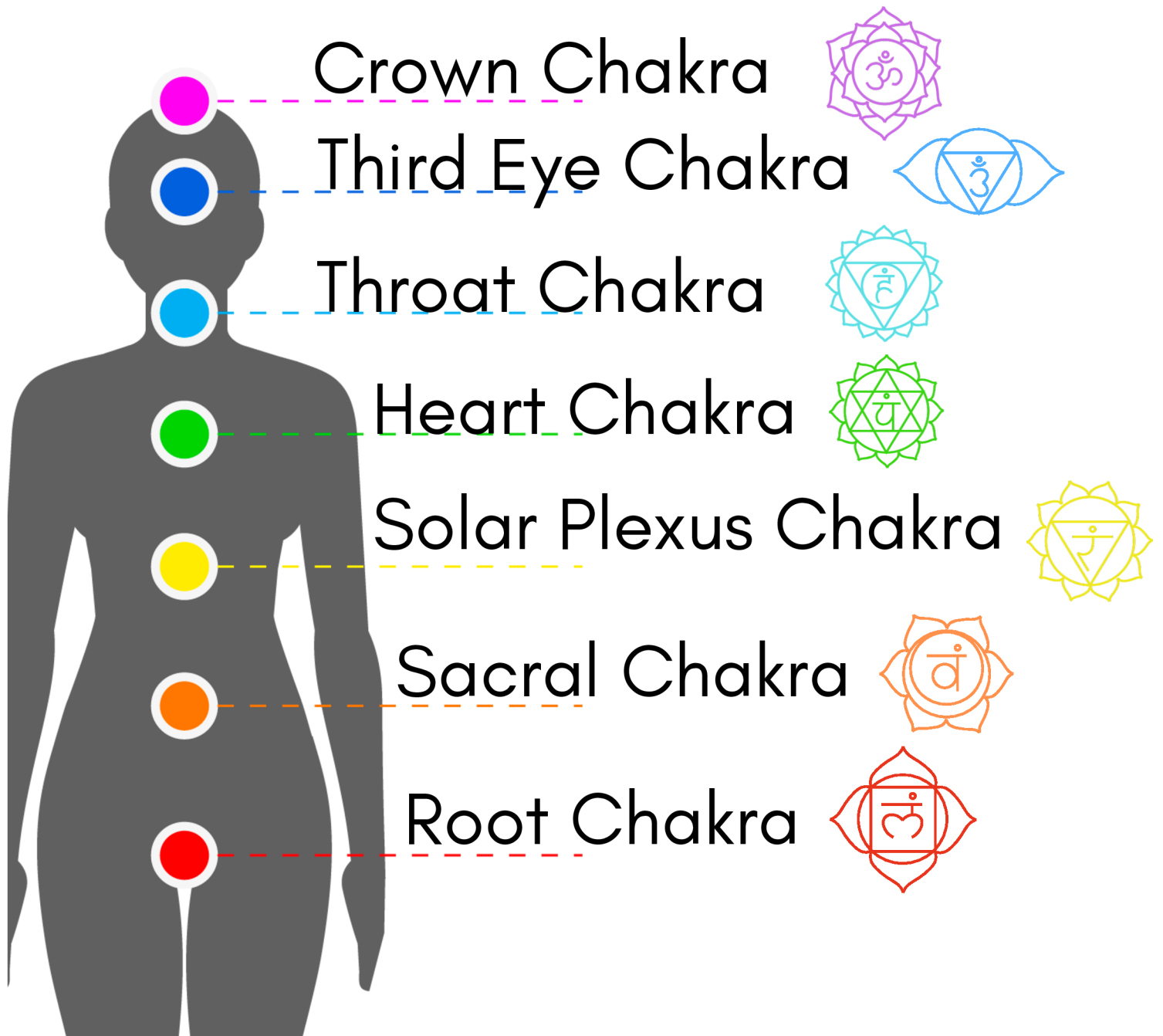
Creating a Morning Ritual & consistency can take time. It's said that creating a habit & ingraining it takes 66 days. And if you've been trained by others to not take care of yourself, to be allowed 'me time', you're working to release a habit that no longer serves you at the same time as creating a new habit. So give yourself grace.

If you have any questions about the Calling in Freedom Morning Meditation and/or the Clarity Guide, please email me at theuplevelingphoenix@gmail.com

Love & Reiki - Kimber

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Chakras you'll be working
with during your
'Calling In Freedom' meditation



The Chakra System

The Crown Chakra is the seventh primary chakra located at the top of the head. It is associated with our spiritual connection, higher consciousness, & divine wisdom. When the Crown Chakra is balanced & open, we experience a deep sense of inner peace, spiritual enlightenment, & connection to the universe.

The Third Eye is the sixth primary chakra located between the eyebrows. It is associated with intuition, insight, & inner wisdom. Often depicted as a symbol of spiritual awakening, the Third Eye serves as a gateway to higher consciousness & expanded awareness.

The Throat Chakra is the fifth primary chakra located at the center of the throat. It is associated with communication, self-expression, & authenticity. When the Throat Chakra is balanced & open, we feel confident in expressing our truth, speaking our mind, & communicating with clarity & integrity.

The Heart Chakra is the fourth primary chakra located at the center of the chest. It is associated with love, compassion, & emotional wellbeing. When the Heart Chakra is balanced & open, we experience unconditional love, empathy, & harmonious relationships with ourselves and others.

The Chakra System

The Solar Plexus Chakra is the third primary chakra located at the upper abdomen, below the rib cage. It is associated with personal power, self-esteem, & confidence. When the Solar Plexus Chakra is balanced & open, we experience a sense of inner strength, self- assurance, & assertiveness.

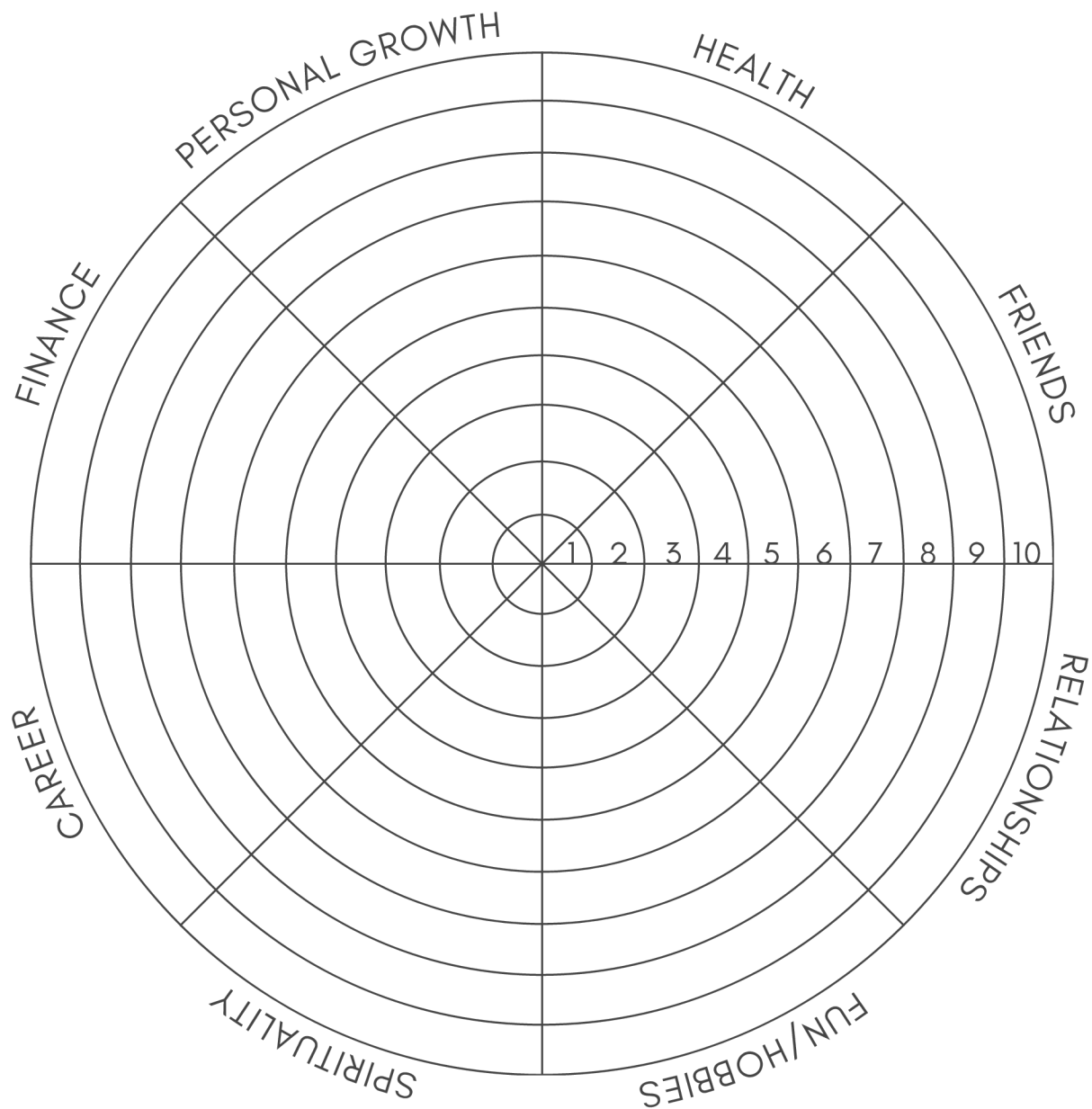
The Sacral Chakra is the second primary chakra located in the lower abdomen, in the womb. It is associated with creativity, passion, the Divine Feminine & emotional well-being. When the Sacral Chakra is balanced & open, we experience a sense of joy, pleasure, & vitality.

The Root Chakra is the first primary chakra located at the base of the spine. It is associated with feelings of safety, security, the Divine Masculine, & stability. When the Root Chakra is balanced & open, we feel grounded, centered, & supported in all aspects of our lives.

DATE:








WHEEL OF LIFE: PRE-MEDITATION PRACTICE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND HOW YOU VIEW YOUR LIFE AREAS AT THIS POINT IN TIME. THIS WILL BE A BASE POIN FOR UNDERSTANDING HOW YOUR LIFE HAS SHIFTD WITH THE CALLING IN FREEDOM MORNING MEDITATION OVER 30 DAYS. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



What does freedom look like to me?
How does it feel, what would life look like, how
does it feel in my body?


















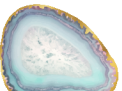

Balanced/Unbalanced Chakras

CHAKRA	BLOCKED	BALANCED	OVERACTIVE
 Crown	<i>Depression, learning difficulties, weak faith, anger at divine, brain fog.</i>	<i>Strong faith, universal love, intelligent, aware, wise, understanding.</i>	<i>Dogmatic, judgemental, spiritual addiction, ungrounded.</i>
 Third Eye	<i>Poor judgement, lacks focus, poor imagination, can't see beyond physical.</i>	<i>Imaginative, intuitive, clear thoughts and vision, sees beyond physical.</i>	<i>Nightmares, delusions, hallucinations, obsessive, see too many spirits.</i>
 Throat	<i>Can't express self or speak out, misunderstood, secretive, not a good listener.</i>	<i>Confident expression, clear communicator, creative, diplomatic.</i>	<i>Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.</i>
 Heart	<i>Lack of empathy, bitter, hateful, trust issues, intolerant.</i>	<i>Peaceful, loving, compassionate, tolerant, warm, open.</i>	<i>Jealous, codependent, self-sacrificing, give too much.</i>
 SolarPlexus	<i>Low self-esteem, feeling powerless, inferiority complex.</i>	<i>Confident, feel in control, personal power, drive, good self-image.</i>	<i>Power hungry, domineering, perfectionist, critical.</i>
 Sacral	<i>Low libido, fear of intimacy, no creativity, isolated.</i>	<i>Passion, creative, healthy libido, optimistic, open.</i>	<i>Over-emotional, fixated on sex, hedonistic, manipulative.</i>
 Root	<i>Fearful, anxious, unsure, financial instability, ungrounded.</i>	<i>Safe, secure, centred, grounded, happy to be alive.</i>	<i>Greedy, lust for power, aggressive, materialistic, cynical.</i>

Chakra Stones Chart

Here are the most common stones/crystals for balancing chakras. These are optional; they're a nice extra boost if using stones/crystals calls to you.

If you are just starting out using stones/crystals, or need to be discrete in the use of crystals in your home, using a clear quartz on all Chakras will work. Amethyst is the next best use-on-all-chakras if you can only have 1 stone at the moment.

CHAKRA	CRYSTAL		
 CROWN	 DIAMOND	 QUARTZ	 GOLD
 THIRD EYE	 LAPIS LAZULLI	 AMETHYST	 PURPLE FLUORITE
 THROAT	 TURQUOISE	 AQUAMARINE	 AZURITE
 HEART	 MALACHITE	 EMERALD	 PINK QUARTZ
 SOLAR PLEXUS	 YELLOW CITRINE	 CHRYSOBERYL	 TIGERS EYE
 SACRAL	 CITRINE	 CARNELIAN	 MOONSTONE
 ROOT	 FIRE AGATE	 RED JASPER	 HEMATITE

Daily Chakra Clarity

What came up during your meditation? This could be a limiting belief, a physical sensation, emotion, inspiration/answer to a question



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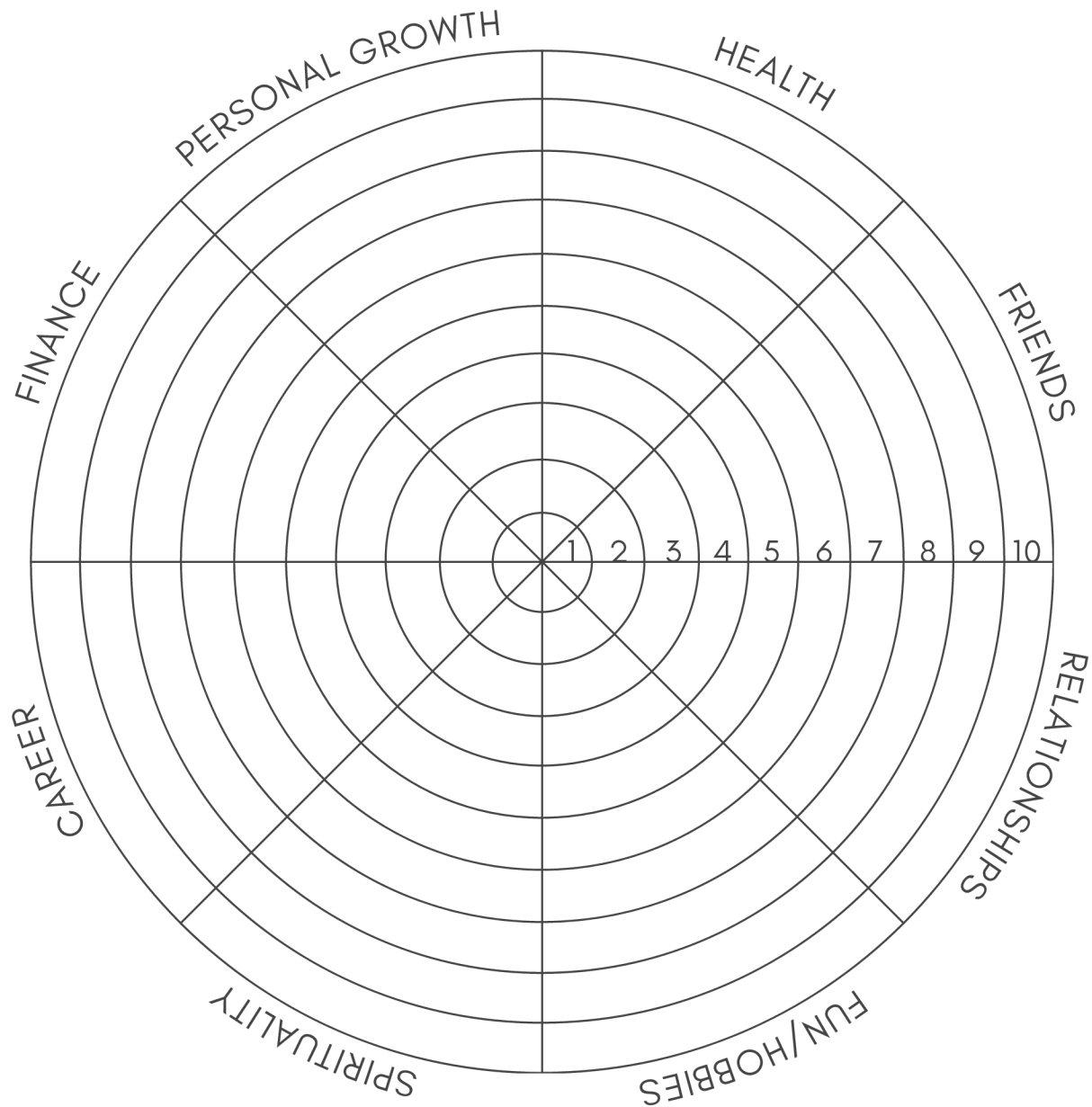
A series of 16 horizontal orange lines providing space for writing.

Where are all the places that Freedom showed up for me this past month?

DATE:

WHEEL OF LIFE: POST-MEDITATION PRACTICE

NOW THAT YOU HAVE BEEN DOING THE CALLING IN FREEDOM MEDITATION FOR THE PAST 30 DAYS, LET'S TAKE A MOMENT TO ASSESS HOW YOU VIEW YOUR LIFE AREAS AT THIS POINT IN TIME. HOW HAVE THINGS IMPROVED FOR YOU? WHERE DO YOU SEEM TO BE IN A HOLDING PATTERN? . THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.



Celebrations for this past month!



Brain storm actions/
desires for next month!



CONGRATULATIONS!

You did it! You've expanded your capacity to call in & hold freedom over the past 30 days!

Keep going. Continue to call in Freedom every morning. Watch your life continue to change.

Ready for more?

I'd love to work with you 1:1 to change your life & bring you deep healing.

Love & Reiki - Kimber

Let's Go Deeper!