



LAKSHMI CONSCIOUSNESS INTEGRATION GUIDE

*A Deep Checklist for Where Abundance Is
Leaking From Your Life*



*Lakshmi does not leave because she
is offended.*

*She leaves when the body cannot
hold her.*

This guide exists for one reason only:
**to ensure the Lakshmi
Consciousness you activate does
not collapse back into old patterns.**

Most people lose abundance not
because they are unworthy, but
because their nervous system has
never been taught how to receive
and sustain.

This guide trains your body, breath,
mind, and identity to become **a
stable home for wealth, ease, and
divine support.**

HOW TO USE THIS GUIDE

- Do not rush.
- This is not a “finish in one sitting” document.
- Let the practices **work on you**, not the other way around.

Time Commitment:

20–25 minutes a day is enough.

Duration:

Minimum 7 days.

Optimal: 28 days.

PART I

WHAT HAS JUST SHIFTED INSIDE YOU

After the Lakshmi Consciousness Initiation, your system enters a recalibration phase.

You may notice:

- Emotional release or sensitivity
- Old money memories surfacing
- Sudden clarity or discomfort
- A desire to rest, withdraw, or re-evaluate



This is **not instability**. This is **wealth circuitry rewiring**.

When abundance enters, the body asks one question:

“Is it safe to stay?”

Everything in this guide answers that question with a **felt yes**.

PART II

THE 7-DAY LAKSHMI STABILIZATION PROTOCOL

Each day follows the same structure.
Repetition creates safety. Safety creates
receiving.

MORNING PRACTICE

Invite Lakshmi Into the Day

1. Lakshmi Entry Mudra

Sit comfortably. Spine relaxed, chest open.

Bring both palms together in front of the heart. Touch the tips of the **ring fingers and thumbs** together gently. Other fingers remain extended but relaxed.

Close your eyes.

This mudra activates:

- Receiving pathways
- Heart–sacral coherence
- Inner worth circuits

Breathe slowly. Silently feel the statement:

"I am available to receive today."

2. SHREEM Mantra Rhythm

Inhale through the nose. Exhale slowly, vibrating **SHREEM**.

Do not force volume. Let the sound be **felt**, not performed.

Rhythm:

- Inhale: 4 counts
- Exhale with SHREEM: 6-8 counts



This rhythm calms the nervous system and opens wealth receptivity. Let the sound settle in:

- Chest
- Belly
- Pelvic bowl

3. Wealth Identity Priming

Place one hand on the heart, one on the lower belly. Speak **one line only**, slowly, out loud or internally:

Choose ONE per day:

- “It is safe for me to have more.”
- “I can hold abundance without stress.”
- “Wealth stays with me.”
- “I do not need to suffer to deserve.”

Pause after each sentence. Let the body respond.

NIGHT PRACTICE

Seal, Clear, Integrate

4. Wealth Leak Scan

Ask gently:

- Where did I overgive today?
- Where did I shrink or stay silent?
- Where did I act from fear instead of trust?

No fixing. No judgment. Awareness
closes leaks automatically.

5. Lakshmi Sealing Breath

Inhale through the nose. Exhale through the mouth. On the exhale, imagine a **soft golden light** sealing your energy field.

Say silently:

“What I received today stays.”

6. Nervous System Soothing Line

Repeat slowly:

“You are safe to receive tomorrow.”

Let the body soften.

PART III

THE 4-WEEK INTEGRATION ARC

WEEK 1 - RECEIVING SAFETY

Theme: Self-worth stabilization

Journal Prompt:

“What does my body believe will happen if I receive more money?”

Do not correct the answer. Witness it.



WEEK 2 - WEALTH PERMISSION

Theme: Releasing inherited limits

Practice:

Place one hand on the heart. Say:

“I release loyalty to struggle, lack, and scarcity.”

Journal Prompt:

“Who am I unconsciously protecting by staying small?”

WEEK 3 - MAGNETISM & FLOW

Theme: Effortless receiving

Practice:

While chanting SHREEM, gently sway the body. Let pleasure be present without guilt.

Journal Prompt:

“Where am I trying instead of allowing?”

WEEK 4 - SOVEREIGN WEALTH IDENTITY

Theme: Becoming someone wealth stays with

Practice:

Write one clear boundary you will now hold around money, time, or energy.

Journal Prompt:

“What standard am I no longer available for?”

PART IV

ALIGNMENT RITUALS (USE AS NEEDED)

When Anxiety Around Money Arises

Place both feet on the ground.

Breathe slowly. Say:

“I am here. I am safe. I am supported.”

Stay until calm returns.

Before Financial Decisions

Hand on solar plexus. Ask:

“Does this expand me or contract me?”

Trust the body’s response.



When Money Is Coming In

Pause. Breathe. Say:
"I receive this fully."

This prevents subconscious rejection
of success.

PART V

WHAT KEEPS LAKSHMI WITH YOU

Avoid:

- Overgiving after receiving
- Rushing into action immediately
- Self-sacrifice disguised as humility
- Speaking poorly about money

Practice:

- Rest after income
- Pleasure without justification
- Clear boundaries
- Calm decision-making

Wealth stays where it is respected.

PART VI

YOUR PERSONAL LAKSHMI CODE

Complete this slowly.

My Wealth Mantra:

My Receiving Boundary:

My Daily Non-Negotiable (small):

This is how abundance becomes
personal, not theoretical.

FINAL NOTE

Lakshmi does not ask you to become someone new. She asks you to **stop abandoning yourself.**

Return to these practices whenever:

- Fear rises
- Money feels tight
- You forget your worth

The frequency is now yours.