

# COSMIC DESIGN

MODULE 7 WINTER/SPRING 2025  
WORKSHEET

# THE SEVENTH CHORD OF CONSCIOUSNESS

## *Orion & Ophiuchus: A Sacred Passage Between Realms* ✧

**An Interactive Worksheet for Embodiment, Soul Remembrance & Ancestral Integration**

### **I. Opening Intention**

Before you begin, take a few moments to ground and open. Light a candle. Close your eyes. Place one hand on your heart and one on your low belly. Breathe deeply and say aloud:

**"I now enter this sacred passage. I welcome the wisdom of the stars and the soil, the ancestors and the unseen. May I walk with grace between the worlds."**

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## II. ORION | The Portal of Human Descent

**Realm:** Physical | **Direction:** Incarnation | **Wisdom:** Choose, descend, become, embody

Orion is the sacred threshold of descent. He represents the moment the soul chooses to incarnate. He teaches us how to root fully into the human experience, to remember that this body is holy, and that our soul's evolution depends on our willingness to be here.

### ✧ Guided Reflection

#### Journal Prompt #1:

Where in my life am I being invited to become more human—more embodied, more present, more fully here?

#### Journal Prompt #2:

What do I need to remember about why I chose this incarnation?

#### Embodiment Practice: Grounding Through Orion



Stand barefoot on the earth. Feel your weight, your breath, your body. Speak aloud:

"I chose to be here. I honor the path of becoming." Write or draw what you feel in your body:

#### Creative Invitation: Soul Descent Memory

Close your eyes and imagine the moment your soul began its descent toward Earth. Where did you come from? Why did you come? Describe or sketch the moment of descent:

### III. OPHIUCHUS | The Portal of Spirit Ascent

**Realm:** Metaphysical | **Direction:** Expansion | **Wisdom:** Heal, rise, reclaim, return

Ophiuchus guides the ascent. She represents the unwinding of karma, the activation of soul gifts, the re-expansion into the spirit realms. Through her, we remember our wholeness.

#### ✧ Guided Reflection

##### Journal Prompt #3:

What energies or beliefs am I ready to release back into Source?

##### Journal Prompt #4:

What spiritual wisdom or gifts are reawakening in me now?

##### Somatic Practice: Spiral Breathwork

💧 Sit comfortably. Inhale deeply, imagining light spiraling up your spine. Exhale and release anything heavy. Repeat for 3 minutes. Write down anything you saw, felt, or heard:

##### Bridge to the Spirit Realm Exercise

Light a candle. Close your eyes. Image the realms beyond. Feel the abstract and the reality. Record the message, image, or sensation that arises:

## IV. COSMIC BRIDGE | Orion ↔ Ophiuchus

This is the bridge between embodiment and spirit, between memory and mystery. Orion helps us root into this life. Ophiuchus helps us rise into our infinite self.

### ❖ **Interactive Prompt: Chart Your Cosmic Chord**

Look at your natal chart and locate your Orion Portal and Ophiuchus Portal

📍 Orion placement:

📍 Ophiuchus placement:

What themes are revealed? What are you here to embody? What are you here to ascend?

### ❖ **Bridge Practice: The Welder & The Weaver**

- The **Welder** brings two parts together to create a greater whole. Write what needs to be reclaimed:
  
- The **Weaver** threads the unseen into form. Write what you are weaving into your life from the mystical realms:

## V. Closing Integration Practice

Choose one to complete your journey:

- Create an offering to the stars and bury it in the earth.
- Write a letter to your spirit self and read it under the full moon.
- Record a voice memo of your soul's remembrance and play it before bed for seven nights.

### ✧ **Final Prompt:**

What realm am I now ready to walk between?

What truth is anchoring in my body, and what light is rising in my soul?

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### **Closing Affirmation:**

Place one hand on your heart and one on your womb or belly. Say aloud:

**"I walk between the realms. I weld. I weave. I remember who I am."**