

# COSMIC DESIGN

MODULE 5 WINTER/SPRING 2025  
WORKSHEET

# THE FIFTH CHORD OF CONSCIOUSNESS

## ✧ *Aries & Libra: The Cosmic Arc of Conception and Completion* ✧

An Interactive Worksheet for Soul Origins, Relational Harmony & End-of-Cycle Integration

### I. Opening Intention

Find stillness and begin with presence. Light a flame or place your hands over your womb and heart space. Speak aloud:

**“I open to the memory of my soul’s original spark. I honor the arc of incarnation, from cosmic ignition to relational completion. May I meet this moment with reverence and remembrance.”**



## II. ARIES | The Spark of Conception & Soul Emergence

**Element:** Fire

**Celestial Body Influence:** Jupiter

**Spiritual Function:** *Conception, emergence, ignition of soul intent*

Aries is not birth—it is the moment before. The divine spark that *chooses* life. It carries the soul's original blueprint, encoded with boldness, clarity, and unfiltered truth. It is pure emergence: the beginning of becoming.

### ✧ Guided Reflection

#### Journal Prompt #1:

If I could remember the moment I chose this life, what might it have felt like?

#### Journal Prompt #2:

What core qualities or missions were encoded into my soul's original spark?

#### Somatic Practice: Spark Activation

🔥 Stand or sit in stillness. Visualize a radiant light flaring in your womb space or solar plexus. Let it grow until it fills your body. Ask:

*“What did I come here to initiate that only I can?”*

Write what you see, feel, or sense:

#### Creative Invitation: Conception Memory

- Close your eyes and imagine the moment your soul said *yes* to this life. What images appear? A flame? A swirl of stars? A vow?  
Draw or write what arises:

# III. LIBRA | The Sacred Exhale & Completion of Human Incarnation

**Element:** Air

**Celestial Body Influence:** The Asteroid Belt

**Spiritual Function:** *Harmony, reflection, relational closure, preparation for spirit release*

Libra is the final pause in the incarnation spiral. It is where the soul reflects on what has been given and received in the relational field. A graceful, intelligent exhale before death's threshold. Libra holds the sacred imprint of how we shared beauty, truth, and love.

## ❖ Guided Reflection

### Journal Prompt #3:

What relationships or stories feel like they are asking to be brought into harmony or closure?

### Journal Prompt #4:

What beauty, peace, or wisdom am I leaving as my energetic imprint in this life?

### Breath Practice: Sacred Exhale

🌀 Inhale slowly through your nose. Hold. Exhale softly through your mouth. Imagine releasing all disharmony.

Repeat three times, then journal:

*What is leaving my field now? What is complete?*

### Relational Integration Ritual

- Light soft incense or place a stone on your chest. Ask your soul:

*What relationships—ancestral, karmic, or current—require forgiveness or closure?*

Write a letter, blessing, or release prayer here:

## IV. COSMIC ARC | Aries ↔ Libra

This is the sacred arc of incarnation: **from soul spark to relational breath**. Aries holds the fire of becoming; Libra holds the wisdom of what was shared.

### Chart Integration Practice: Mapping the Arc

1. Locate your **Aries placements** in your natal chart: What planets and aspects are there?
2. Locate your **Libra placements**: Where does relational completion live in your chart?

 *Aries (Conception) is in:*

 *Libra (Exhale) is in:*

What stories, lessons, or soul tasks live along this axis for you?  
How do you balance emergence (Aries) with closure (Libra)?

## V. Integration & Final Practice

Choose one to complete your journey:

- **Voice Activation:** Stand in front of a mirror and say:

*“I remember who I am. I remember why I came. I now release what no longer serves.”*

- **Balance Movement Practice:** Move through a short embodied sequence: Start with strong, instinctive gestures (Aries), then shift into graceful, fluid motion (Libra). Let your body mirror the arc of your incarnation.
- **End-of-Cycle Journaling:**

If this season of my life were the final scene of a story, how would I want to close it—with whom, and in what tone?

### **Final Prompt:**

What fire still burns within me?

What is ready to be released with peace, grace, and relational clarity?