

THE ENEMY WITHIN

INTEGRATION & ACTIVATION GUIDE

**BY DOCTAH B SIRIUS & THE ELEVATION FOUNDATION FOR ABUNDANT LIFE
A MOMENT OF REFLECTION, RENEWAL, AND READINESS FOR YOUR NEXT JOURNEY**

Purpose of Integration

We've learned that parasites don't only live in the body — they can hide in thoughts, emotions, and habits.

Integration is how you reclaim the territory within. Without integration the space we've cleared fills back up with the same habits, energies and old thought patterns that were just expelled. We must now solidify the new vibration so that it becomes our new baseline, our new normal and not just a temporary high.

Integration is the space between detox and destiny — where awareness becomes embodiment and the knowledge we've acquired produces real changes in our lives and not just an accumulation of facts.

Release, Recalibrate and Renew



ELEVATION FOUNDATION

THREE KEYS OF INTEGRATION

1. Release (Clearing the Residue)

Even after cleansing, old energetic patterns may cling like invisible biofilm.

Releasing means allowing those final fragments of fear, shame, addictions or relationships to surface and dissolve.

Practice:

Place your hand over your solar plexus.

Breathe in through your nose for 4 counts, hold for 4, exhale for 6.

Say internally:

“I release what no longer serves me.

Affirmations:

“I am clear, calm and whole.”

“Every breath purifies my cells and my thoughts.”

2. Recalibration (Aligning our Frequency).

When we detox the body, the mind and energy field must also be tuned up.

Think of this as resetting your “inner instruments” to a natural 432 Hz frequency.

Practice:

Sit quietly with gentle background sound (Medicine Music, 432 Hz, or 528 Hz).

Place both palms over the heart.

On each breath, silently repeat:

“I allow myself to live in harmon in truth and be loving to myself and others.”

With your feet on the earth or while touching a tree, imagine yourself connecting to the Earth

Affirmations:

“I am peaceful, and balanced, my nervous system vibrates in divine order.”

3. Renewal (Stepping into Power)

Integration is not the end — it's initiation.

You now move from Parasite → Power, from Gold Mine → Gold Mind.

Practice:

Stand tall, feet grounded, spine straight.

Breathe deeply and imagine a radiant golden light rising from your root to your crown.

Speak aloud:

“I allow myself to experience power, while expanding my energy, inspiring others to do the same.”

End with gratitude:

“I allow gratitude to fill my body, my mind, and my spirit.

Affirmations:

“The treasure I seek lives within me.”

“I am magnetic., attracting all desirable things to be successful.”