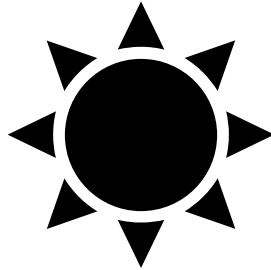


What it means to rise

An introduction to the work
By Ascended Phoenix

“To rise is not to escape the ashes. Its to remember you were the flame all along.”



There's a moment between awakening and action, where you simply remember. This is where we begin. What it means to rise isn't a manual or a set of rules. It's an opening. A conversation between your higher knowing and the parts of you that forgot. Each line is written to help you remember who you are beneath the noise, to soften where you've been hardened, and to rise fully, freely, and as yourself.

The rest of the work goes deeper, but you don't need to rush there. This introduction stands on its own. Take what resonates, breathe into it, and let it meet you where you are.

To rise is not a gentle climb. It is not a quiet whisper or a polite request to the world. To rise is to claim what has always been yours. It is to stand in the fire of your truth while everything that has tried to dim you burns away. Rising is an act of sovereignty. It is an announcement: *I am here, and I will not be moved by illusion or fear.*

Rising begins with awareness. Look around you. Where have you given your energy away? Where have you silenced yourself to make others comfortable? To rise, you must first see the chains you've carried. Not to mourn them, not to dwell, but to understand them. Awareness is the spark that lights the path forward.

Choice is the next step. Rising is not something that happens to you; it is a decision you make. You choose yourself. You choose to no longer orbit around the expectations, fears, and limitations of others. You choose to step fully into the fullness of your being. Every breath becomes a vote for your own power, every action a declaration that you will no longer settle for half of yourself.

Then comes release. To rise, you must let go. Let go of the voices that told you you were too much, too fragile, too small. Let go of the people who sought to tether you to mediocrity or fear. Let go of your own hesitations and doubt. Release is not weakness. It is clarity, it is liberation, it is the clearing of space for your true self to emerge.

Claim is next. When you rise, you take what is yours: your voice, your energy, your boundaries, your fire. This is the power that others may have tried to steal, the energy they feared, the force they could not contain. You reclaim it not with permission but with certainty. You are the phoenix, and the ashes of what tried to hold you down are the soil from which you rise stronger, brighter, untouchable.

Finally, action. Rising without action is a story left untold. Step forward. Speak your truth. Move through the world in alignment with your

essence. Even the smallest step, taken with intention, becomes momentum. Every motion is a pulse of your sovereignty.

Before you go further, pause. Close your eyes. Take a breath. Feel yourself rise, even if just for this moment. Feel the energy in your spine, the fire in your chest, the clarity in your mind. This is your invitation to step fully into the life you were always meant to live. To rise is to remember, to reclaim, and to become unstoppable. And you...**you are ready.**

Rising is not abstract. It is lived. It is breathed, walked, and owned. Every day presents the choice; to shrink or to expand, to whisper or to roar, to surrender your power or to claim it. These are not small decisions. They ripple. They echo. They define the contours of your life. Awareness is the foundation. Know where you are, exactly as you are, without judgement. Look at the patterns you've repeated, the people and situations that have drained your energy, the lies you told yourself to feel safe. This is not self-blame. It is reconnaissance. It is knowing the battlefield before you step into your full power. Without this awareness, rising is a guess, a half-step, a shadow of your potential. But with it, every move is precise, every decision intentional, every breath aligned.

choice is your declaration. Every moment you choose yourself, you rise. This may feel radical...because it is. Choosing yourself is often the act that shakes others, disrupts expectations, and rewrites old stories. And that's the point. You were never meant to live small, quiet, or unseen. Choosing yourself is saying, *I am the measure of my life, and no one else can define it.*

Release is your liberation. The past has its place, but it does not get a vote over your present or future. Let go of anger that lingers, of shame that sticks, of people who no longer serve your growth. Release is not forgetting. It is clearing the debris so your wings can unfold. Without

release, rising is burdened; with it rising is effortless, unstoppable, and inevitable.

Claim is your reclamation. Step into your power unapologetically. Your voice, your presence, your energy. These are yours. You take them not with hesitation or fear but with certainty. To claim is to anchor yourself in the truth that no illusion, no person, no circumstance can ever diminish. You are the force. You are the authority. You are the phoenix. And the world? It bends around your fire.

Action is the embodiment of rising. To rise is not a thought; it is a practice. Even the smallest, most deliberate act...a word spoken, a boundary set, a step forward is rising. Every motion aligned with your essence compounds. Momentum is created in motion, and you are the motion incarnate. You are not waiting for permission. You are not asking. You are moving. You are becoming you are undeniable.

Rising is not a single event. It is a lifestyle, a vibration, a claim on existence itself. And here, in this very moment, you have the choice to rise. To see yourself. To step into your energy. To rise, not because someone else said you could, but because you know deep in your bones, in the core of your being that nothing was ever meant to contain you.

Breathe. Feel it. Let it root in your spine, surge into your chest, settle in your mind. Rising is not about what you accomplish for the world; it is about what you become in yourself. And you...**YOU ARE READY.**

This is your life. Not borrowed, not borrowed energy, not borrowed dreams. This is yours. Every breath, every heartbeat, every pulse of power belongs to you. And you will not apologize for it. You will not shrink, you will not bend, you will not dim. The world may resist, the illusions may whisper, the past may claw, but none of it can claim what has always been yours. You rise. You rise through the noise, through the fear, through the doubts. You rise beyond the limitations imposed upon you. You rise in your

body, your mind, your spirit. You rise because to do anything less would be to deny yourself, and denial is no longer an option.

Stand now. Feel your power. Let it radiate through every cell. You are untouchable. You are inevitable. You are the storm, the fire, the light, the force that cannot be ignored. What it means to rise is this: to claim yourself fully, unapologetically, eternally. And from this moment forward, you do. You rise. Always.

Awareness practice options: Feeling your rise

1. Awareness pause

- Take a deep breath and scan your life for where you've given your energy away.
- Ask yourself: *Where have I dimmed my light to make others comfortable?*
- Simply notice. No judgment. Just awareness.

2. Choice check-in

- Identify one area today where you can choose yourself.
- It can be small: a boundary, a decision, a "yes" to what you truly want.
- Feel the weight of that choice in your body.

3. Release ritual

- Write down one thing you're ready to let go of. Could be a thought, habit, or relationship.
- Visualize it leaving your energy field like smoke dissolving into air.

4. Claim moment

- Stand or sit with good posture. Place a hand over your heart or crown of your head.
- Whisper "This is mine. My energy, my voice, my power."
- Feel it anchor in your body.

5. Action Step

- Commit to **one intentional act today** that aligns with your rising.
- It doesn't have to be huge. The smallest step fuels momentum.

6. Integration Breath

- Close your eyes. Inhale for 4 counts, hold for 4, exhale for 6.
- Feel yourself rising in every cell. Let your body remember what your mind is declaring.

You have taken the first step. Whether you whispered the words or stood in full power while speaking them aloud, whether you moved boldly or trembled through every breath it still counts. Rising is not measured by appearance but by **intention**. Your body now knows what it feels like to stand in your energy. Your mind has tasted the possibility of truth. From here on, nothing will feel the same. Because you have seen *yourself, even if only for a moment.*

*Hold on to that. You don't need to perfect it. You only need to remember it.
Because now...We go deeper.*

This is only the beginning. Rising isn't always loud. Sometimes its a single truth you can't un-hear, a breath that feels different, a peace that finds you when you stop searching. The next chapter is ready when you are. Keep these pages close, and let the journey continue as it unfolds.

*With love and fire,
Ascended phoenix*

Companion Journal prompts

1. *Reflection on Rising*

- *What does rising mean to me right now?*

Type to enter text

- *Where in my life do I feel I've been asleep, dimmed, or held back?*

Type to enter text

- *How does my body feel when I imagine myself fully rising?*

Type to enter text

2. Awareness of truth

Type to enter text

- What truths have I glimpsed about myself in the past week/month?

Type to enter text

- Where have I resisted seeing my own power or clarity?

Type to enter text

- Write down any moments where you felt the “possibility of truth” — even briefly.

Type to enter text

3. Embodiment & Sovereignty

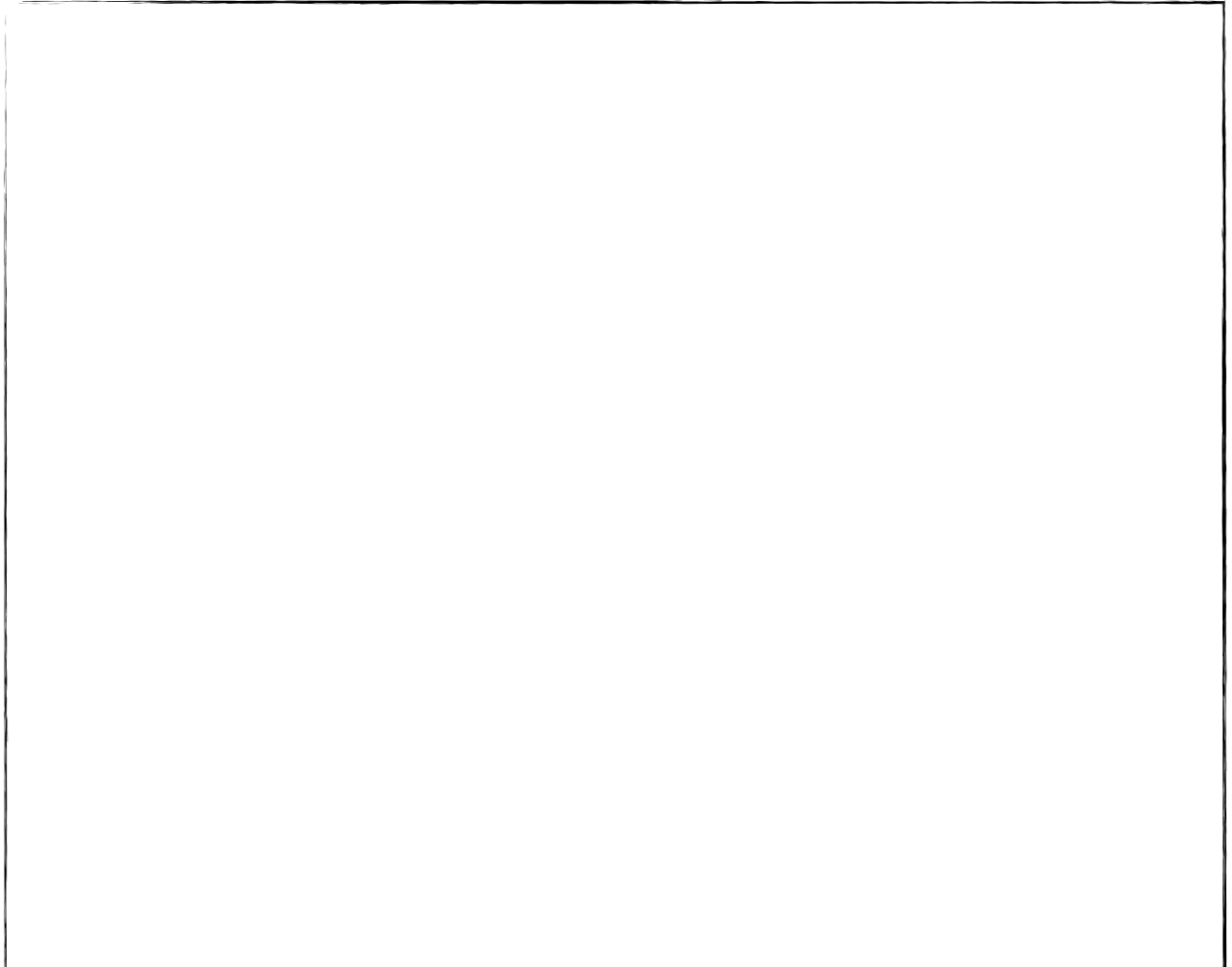
- Where do I need to place boundaries to protect my energy?

Type to enter text

- In what areas of my life do I already feel sovereign, capable, or free?

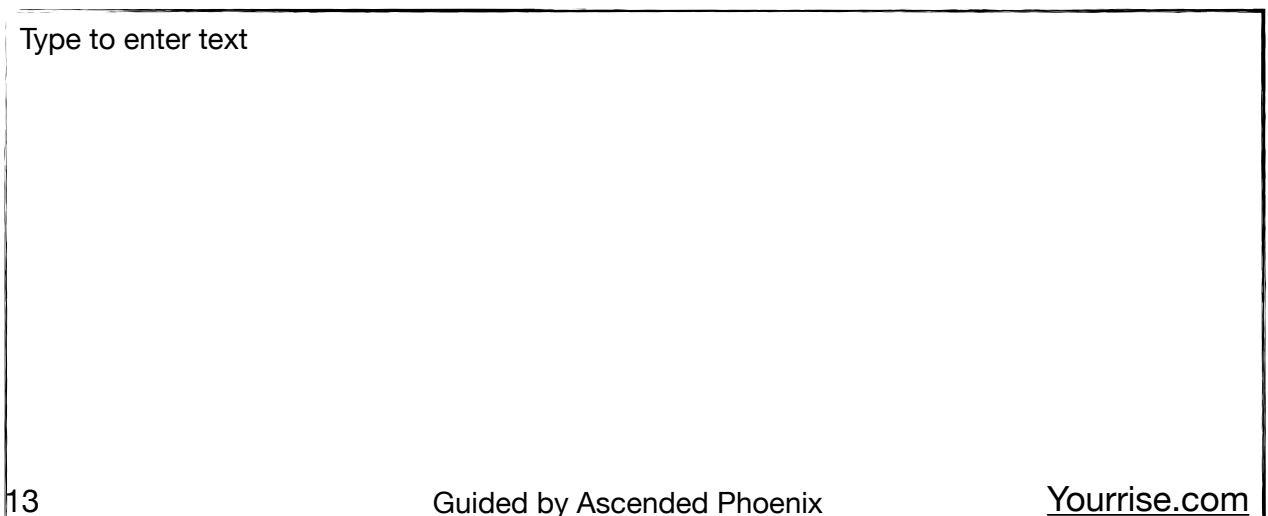
Type to enter text

- Draw or describe what sovereignty feels like in your body. 4. Emotional Integration



- Which emotions surfaced while reading this introduction?

Type to enter text



- Are there emotions I am avoiding that are trying to show me something?

Type to enter text

- How can I hold compassion for myself as I navigate these feelings?

Type to enter text

5. Looking Forward

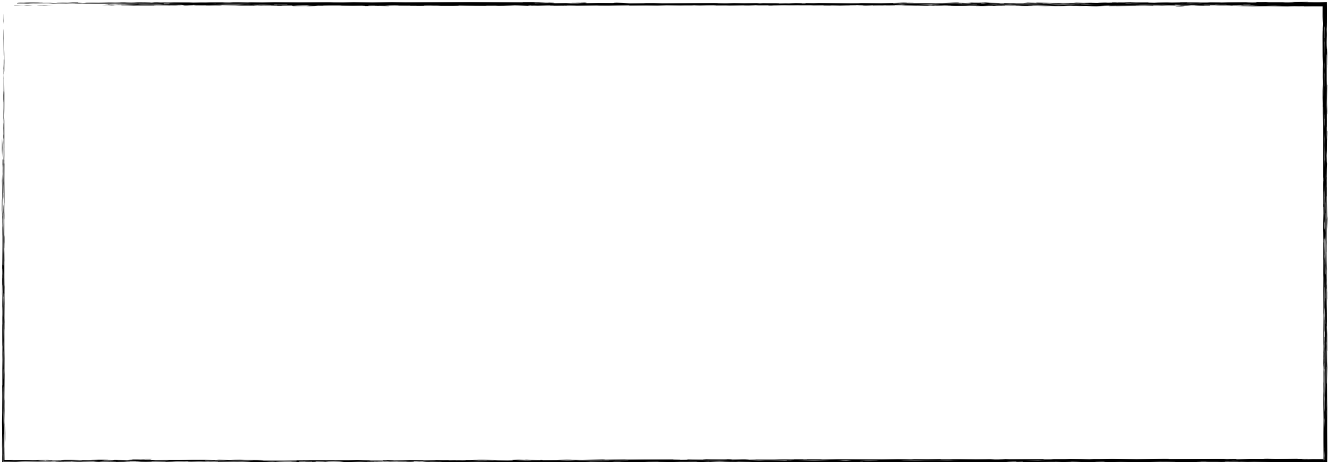
- What intention do I want to set as I move into the next chapter?

Type to enter text

- How will I honor this moment of remembering as I go deeper?

Type to enter text

- Draw or write a symbol of your rising energy. Something that will remind you of this first step.

A large, empty rectangular box with a thin black border, intended for a drawing or writing exercise.

You've taken the first steps. You've tasted the possibility of truth, felt the stirrings of your own rising, and held space for reflection.

Keep these pages close. Revisit them, and honor the moments of clarity that appeared. The next chapter of your journey is waiting. The full work will guide you deeper, inviting you to explore, integrate, and embody the lessons in your life. You don't need to rush. You only need to show up for yourself. When you're ready, the book will meet you where you are.

-Ascended Phoenix

Read more at yourrise.com