

Journey Book



Stephanie Trager

ACTIVATE HIGHER PURPOSE

WELCOME QUANTUM CREATOR

Hello Beautiful Soul,

I'm thrilled we're here in this portal where we call forth even more of our highest timelines, our greatest power, magical opportunities, and where we awaken dormant potentials leveraging our multidimensionality and authentic power.

We're entering the sacred temple of our highest becoming. From here it's less about the 'What's my purpose' and more about the '**How do I be to access and express from a place of highest purpose?**'

Have you ever made a decision to participate in something or lead something far outside your comfort zone?

Something that made you think, "**Who will I be on the other side of this experience?**"

Now is a good time to ask yourself "Who could I be on the other side of practicing 40 Days of Devotion? Who will I be if I fully step in and 'do' the Alignments and Practices in this portal you've said yes to.

Any questions, we're here for you.

Intentionally,
Stephanie Trager

40 Days of Devotion

Stephanie Trager

ACTIVATE HIGHER PURPOSE:

40 DAYS OF DEVOTION

Devotion accesses our deepest capacity for love, commitment, honoring, reverence, awareness, acknowledgment, and touching the divine. Or quite the opposite.

Devotion is energetic frequency, a specific harmonic signature that shapes the field around you and entrains the field within you.

Devotion operates as a cohering force of focus. In the spectrum of emotional energetics, it sits higher than attachment or desire, closer to pure unconditional love- or pure destruction.

It's a choice where to place our focus. It's anchored, intentional, and resonant with a direction, a target, or a truth.

When in devotion, your entire biofield attunes to a single vector: an ideal, a beloved, a truth, a Source, a mission, a path.

And sometimes we're not aware that we're in devotion to things we say we don't want, to less than positive outcomes, to old patterns, habits, and ways of being.

What we attune to generates energetic coherence between mind, heart, will, and field. It narrows entropy and refines the signal.

Which direction are you focused?

40 DAYS OF DEVOTION

You're attuning to where you're focus is placed, what you feed, speak of and co-create. That attunement generates energetic coherence, between mind, heart, will, and field. It narrows entropy. It refines the signal.

Our 40 Days of Devotion Practice in Activate Higher Purpose is an intentional practice of focus, self awareness, discernment, and choice.

A practice of devotion stabilizes and amplifies a precise signal. We're going to harmonize the very signal you're choosing to amplify while discerning where you may have been focused instead.

We become a tuning fork for what we are devoted to.

This is why people in high vibrational devotional states can transmit conscious influence without words through resonant entrainment. Remember polarity exists in devotional states. Think of your last rage attack, or anger or frustration, you were manipulating energy and entraining the field for more of that.

Devotion can be used as a technology for dissolving mental chatter and merging with Source (or a higher sacred order).

Among ancient and indigenous peoples including the Kogi, devotion to Earth and ancestors forms structural connection. It maintains the energetic grids and keeps reality in right relationship, or field stewardship .

40 DAYS OF DEVOTION

Your turn. Are you ready to expand into a devotional practice of field stewardship? What's in this for you?

Over the next 40 days we're dropping into a practice meant to activate your power as a 'Quantum Creator' through a practice of devotion.

We're going to practice BEING in devotion to '*something*' each day. Allow the practice to show you 'how' you be with that thing - whatever it is for you.

WHY THIS NOW?

Our path of higher purpose (not my higher purpose) is a devotional path of remembering who we really are when we remove the program of our identity. We will do deep inventory around 'identity,' 'belonging,' and why we continue to loop in old patterns.

Note that our practice to of higher purpose does not discount or cancel our purpose or identity. Each part of us has place and meaning.

Over the next 40 days you'll journal each day and follow the mindfulness practice in the Activate Higher Purpose portal while carefully curating your 'devotional signal.' Watch your reality shift!

40 DAYS OF DEVOTION

It's key to remember the following:

We are perceiving a tiny fraction of absolute reality.

You have abilities you don't even know you don't know about.

You get to choose who you are, who you become, and how other's perceive you.

There is nothing wrong with you.

You're more than enough as is.

Depression or despair means you have needs that are not being met and therein lies an invitation to explore what you really need.

The seed code that proliferated any delusional thought that you aren't 'good enough, or doing 'enough,' came from a program in society, conditioning and distortion. It's a program. 40 Days of Devotion is a repatterning with seed codes of a new program.

This practice over 40 days (you can stretch as needed) weaves in all other Alignments.

You're on a path of remembering and embodying what it means to live from a place of higher purpose, liberation, and divinity, with immense untapped capabilities.

40 DAYS OF DEVOTION

Preparation for your 40 Days of Devotion

This is YOUR Devotional practice. Feel free to create your own practice. The key is to have a specific ritual you're working with for 40 Days. See the member portal for frequency music to assist and ideas for creating your altar as well as meditations, breathing guides and more.

Why this practice is so potent and how to receive the gifts:

Intention, Ritual, and Devotional focus. Each day -morning is recommended create space. Four, Fourteen, or Forty (40) minutes - or whatever time works for you. Be devotional about your devotional practice!

Tip: Split time proportionally to the following:

- a. Breathing
- b. Journaling
- c. Meditation / Visualization

2. Each day parse your time so you are realistic about how much time you can commit to your practice.

- a. Breathing 10 min / 5 min option
- b. Journaling 20 min / 10 min option
- c. Presence / Meditation 10 min / 5 min option

40 DAYS OF DEVOTION

THE ALTAR: Presence of Space

If you don't have one, now is a great time to create one. An altar is a sacred space set with intention. All it takes to create an altar is the ritual of intention. Set up a meaningful space for your devotional practice.

Choose a space you'll return to daily. Set up with cloth, stones, sacred items, feathers, gifts from nature, a candle, and anything that calls to you.

The act of setting up an altar is a ritual. Set your thinking mind at rest, and drop into your higher self. There is no wrong way. Do your best to practice devotional thoughts as you set up your space. Listen to yourself, the space, and the ether.

If you're traveling no worries! Bring a small **altar bundle** which may consist of a small favorite stone, a meaningful piece of cloth, a travel candle, a mini sound bowl, maybe some sage, paulo santo, incense or sacred resin to burn to clear space.

This is YOUR practice. Devotion is ritual. You can keep this simple and easy – whatever will evoke intention, ritual, and devotional focus for you. The altar practice adds 'space' to devotion.

THE FIRE: Elements Connect us in Space

Lighting a Candle

Lighting a candle activates the element of fire, where we transmute any energies that are ready to shift. Fire connects us to earth, our primal nature, and thousands of years of memory. Fire activates, transmutes, and alters the field.

Fire makes the invisible visible, it activates sacred space, it catalyzes heavy energies, and creates a point of focus, centering intention.

Bring in fire, light a candle that's special for these 40 days.

As your gaze settles, notice the subtle energy as you activate coherence in your space - the field.

Write. Journal, Tune In, Express

Whether you already have a journaling practice or you've paused for a week, month, or years, now's a time to revive. You can write and write or simply chart your devotional practice using the prompts I give you on the next pages.

Best to start a new book, notebook, or journal as part of your devotional practice. Preparing for the practice is in itself an act of devotion, finding the journal, the pen, the space, the candle, the music, the time on your calendar.

Which brings me to Calendaring...

Be sure to count 40 Days of Devotion on your calendar from the date you wish to begin. You set the time, this journey is yours.

Breath, Meditation, Visualization, Focus

While Activate Higher Purpose is a self guided journey using the tools and map set forth herein, it's also your journey. You can layer in whatever devotional practice will support you in connecting to yourself, to the divine, to time and space, and -or a sacred moment of paus.

In the portal you'll find breathing exercises you may wish to integrate. Perhaps you enjoy movement, or a different set of breathing exercises. All is welcome. I suggest before beginning you 40 Days, you take 1 Day - the primer day- and set up, sit at your altar, light the candle (if you choose), and envision what a devotional practice DAILY may look and feel like for you. Then commit o you yourself and show up.

99% of this practice is showing up.

Starter practice: Set a timer for 11 minutes. Sit in quiet. Breath simple. Easy. No fancy practices needed unless you choose. Drop into your mind, calm your body. You may wish to listen to one of the meditations I share in the portal. For the full instructions and explanation of how to weave the 5 Alignments into your 40 Days of Devotion or beyond, have a listen to the video in the portal.



40 Days of Devotion
Quantumplation Prompts

Stephanie Trager

JOURNALING PROMPTS	DAY
I am devoted to - what have you been devoted to- good, and not positive?	1
I am devoting myself to in these next 40 days	1
I am devoted to -- why?	2
I devote myself to -- why?	3
In devotion to owning my power as creator I ----	4
In devotion to owning my power as creator I ----	5
In devotion to owning my power as creator I ----	6
In devotion to owning my power as creator I ----	7
To maintain my identity I have been devoted to ----	8
As a quantum creator I am devoted to --	9
In devotion to my highest purpose I -----	10
As a quantum creator I am devoted to --	11
In devotion to higher purpose I -----	12
I am devoted to	13
I am devoted to	14
I have withheld my truth in devotion to ...	15
In devotion to my truth	16
In devotion to speaking my truth I	17
In devotion to my truth	18
In devotion to speaking my truth I	19

I am devoted to	20
I am devoted to	21
I am devoted to	22
I am devoted to	23
In devotion to my journey as my deepest medicine I	24
In devotion to my story as my medicine	25
In devotion to receiving the medicine	26
In devotion to sharing my medicine with the world	27
In devotion to my story as my medicine	28
In devotion to higher purpose I -----	29
In devotion to	30
In devotion to higher purpose I -----	31
In devotion to	32
In devotion to higher purpose I -----	33
In devotion to __, I ___	34
In devotion to __, I ___	35
In devotion to __, I ___	36
In devotion to __, I ___	37
In devotion to __, I ___	38
In devotion to __, I ___	39
In devotion to __, I ___	40

Activate Higher Purpose

Thank you thank you thank you.



Stephanie Trager

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Be True to You

Stephanie Trager