

# Oversoul Body Integration Scroll

This scroll outlines the changes, support, and sacred practices for integrating Oversoul light into physical form. Use it during the post-Convergence phase or any time your frequency expands.

## Physical Manifestations:

- Heat surges – inner warmth or light expanding from within.
- Spontaneous deep breaths – Oversoul breath aligning your rhythm.
- Stillness cravings – body anchoring light into nervous system.
- Emotional flushes – density leaving the emotional field.

## Support Practices:

- Hydration – begin each day with warm water and trace minerals or lemon. Bless the water with intention.
- Salt – use in food, baths, or foot soaks to ground energetic currents.
- Movement – gentle flow (stretching, Tai Chi, walking) to support integration without disruption.
- Rest – sleep is when Oversoul threads the light body. Bless your rest with purpose.

## Oversoul Integration Blessing (for Morning or Evening):

“I honor this form as the vessel of my Oversoul.

I offer my bones as lattice, my breath as bridge, my blood as memory.”

“Oversoul of Light, weave gently through me today.

Let all that I am be harmonized to hold You.”

“This body is not becoming divine—it is remembering it always was.”

Suggested Placement:

Keep this scroll near your bed or altar. Read the blessing when rising or before sleep. Listen to the body without judgment—let the Oversoul teach you from within.