

RILEE ASTRAEA | MYSTIC IN THE MATRIX

WELCOME TO YOUR
**DIGITAL
RITUAL
KIT**



PROMPTS + PRACTICES FOR PERSONAL TRANSFORMATION

WELCOME TO MY ORBIT

I'm Rilee, known publicly as "Mystic in the Matrix". I'm a poetic author and fitness trainer guiding transformation from the inside out, using shadow work, storytelling exercises, and sweat. Too many personal transformation programs focus on *just* the body, or *just* the mind. But I believe true transformation happens when you ground it in reality, in *the matrix*.

Part artist, part analyst, I bridge creative and psychospiritual concepts with research firmly backed in science and strategy. Together, my expertise in the body and the mind inspire soul-level transformation through mentorship, poetic books, and my high-energy audio affirmations known as *Somatic Spells*.

This ritual kit is a sneak peek and my gift to you, a glimpse into some of my broader work. Your personal transformation begins here, so *choose your soul's next adventure*.



PART I — SHADOW WORK PROMPTS

Unmasking the Old Story

Think of a belief that repeats in your mind when you fail, fall, or feel stuck. Write it down as it actually sounds in your head. Circle the words that sting. Now — where do you feel those words in your body?

Mirror of Judgment

Write down one way you criticize others. Ask yourself — how is this also a judgment I carry for myself? What part of me does this mirror back that I've not wanted to see?

Fear as a Signal

Choose one fear you often avoid. Write: If this fear could talk, what lesson would it bring me?

The Body Keeps the Story

Notice a tight or tense place in your body. Write: This place is holding... and finish the sentence without editing. Repeat until the words stop coming.

PART II — SOMATIC RITUALS

These are not workouts for aesthetics but rituals for your nervous system and soul. Move with presence, not perfection.

Grounding Shake (Release Ritual)

- Stand tall. Shake every limb, one by one.
- Put on a full song and shake continuously until you feel tingling, heat, or laughter rise.
- Journal: *What did my body let go of?*

Power Circuit (Strength Ritual)

- 5 push-ups (or wall push-ups)
- 10 squats
- 20 mountain climbers

Repeat for 3 rounds with deep breaths in between.

As you move, repeat the mantra: *Every rep rewrites me*

Mirror Flow (Expression Ritual)

- Stand in front of a mirror. Begin moving intuitively (think *flexing, dancing, stretching*).
- With each movement, name a word out loud (release, rise, remember, reclaim).
- End by holding your own gaze and whispering: I am still becoming.

PART III — STORY SPELLS

Language is training. Your nervous system listens to the words you repeat.

Three-Line Spell

Write a short mantra you can carry into your day:

I sweat out the story of fear

I breathe in the rhythm of trust

I rise as the author of my body

Rewrite Ritual

Take a limiting belief you wrote in Part I. Cross out one word. Replace it with a word that feels alive. Keep crossing out and rewriting until the sentence feels like power.

Somatic Anchor

Pick one movement (a stretch, a squat, a breath). Every time you repeat your spell, pair it with that action. This is how story enters muscle memory.

THE STORY CONTINUES...

Ready to go deeper into personal transformation with me?

- **The Art of Anastasis mentorship:** Personalized guidance to transform your body, mind + soul
- **Somatic Spells:** High-energy audio affirmations and spoken word poetry meant to train your mind while you train your body. Listen as mP3/mP4.
- **Poetic books + essays:** Reflections on awakening, identity, and integration



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