

THE 90-DAY INTEGRATION CHECKLIST

PHASE 1: THE RECALL (Days 1–30)

- ☐ Daily Listening: Commit to 3–5 minutes of your Natal Audio to return to "Center."
- ☐ Somatic Mapping: While listening, notice where in your body you feel the most "at home."
- ☐ **Nervous System Reset**: Use the audio specifically after high-intensity social interactions.

PHASE 2: THE ALIGNMENT (Days 31–60)

- ☐ Strategic Use: Use the Soundbath specifically during moments of identity-doubt.
- ☐ Affirmation Sync: Recite aloud: "**I am the clear, grounded voice of my own transformative truth.**"
- ☐ Pattern Recognition: Notice how your Sun-Saturn trine supports your creative endurance.

PHASE 3: THE EMBODIMENT (Days 61–90)

- ☐ Intuitive Listening: Use the soundbath as needed, trusting your body to signal a "tune-up."
- ☐ Identity Shift: Reflect on your **Gemini Ascendant**. Do you feel more aligned with your **multifaceted and rapid-fire intellectual expression** from a place of grounded power?
- ☐ Somatic Authority: Notice your capacity to stay "centered" even when the environment shifts.

Deepening Your Coherence

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- **Solar Return Sound Alignment**: Your personalized "Yearly Tuning" to navigate the specific environmental stressors of your current year.
<https://astrojo.com/product/solar-return-chart-sound-healing-with-report/>
- **Transit Activation Series**: Real-time sound alignments for current planetary shifts to help you navigate high-intensity windows with ease.
<https://astrojo.com/product/current-transits-chart-sound-healing-with-report/>

In Resonance, Jojo | astrojo.com