

# AWAKENING PROGRAM

AS SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE, IT IS OUR DESTINY TO FIND OUR PURPOSE BY RECONNECTING TO OUR SOULS.



You have followed a divine calling to read about this program. This exact moment was scheduled in your divine plan long before you were consciously aware.

I encourage you to read through this program and then deeply ask yourself if it is time for you to begin this work. If you feel a 'Yes' emerge from within, you will be divinely supported through this incredible journey.

In fourteen, 2 - 3 hour sessions a Soul-centric approach will be used to completely embody your physical, emotional, mental, and energetic layers of yourself back into wholeness. Most programs address a few layers of your multi-dimensional self, yet then you may still feel out of balance, since there is so much, much more to you. When all of your layers are at peak vibrational harmony, you will experience lasting change.

The Awakening Program removes obstacles so that the light of an infinite source can illuminate your life and guide your decisions to a life of happiness, wholeness, abundance, joy and peace that expresses when you are fully centered in the present moment.

You will have a complete understanding of who you truly are physically, mentally, emotionally & spiritually. We will work together step-by-step, so your life & relationships fall into harmony & alignment.

Each session moves you into a higher vibrational state and you will acclimate each week into this new energetic state of being. When this soul evolutionary growth occurs you experience a wide range of emotions. We will work together through these natural growing pains.

This step-by-step process allows you to reclaim your infinite intelligence, unlimited abundance, limitless power, unconditional love, unbounded creativity, and protective guidance that is your true birth right!

**"You are not a drop in the ocean. You are the entire ocean in a drop" ~ Rumi**

# Release

## Session 1, 2 & 3



Throughout life, we all develop core wounds and core beliefs. Core beliefs are the root beliefs we have about ourselves that guide our decisions, thoughts, and behavior. Some core beliefs are of a negative & destructive nature, and this is why they are so important to discover. We will begin to **RELEASE** patterns that do not serve you.

Core wounds, on the other hand, are the deepest and most severe cuts within our psyche. Our core wounds can be inherited from our ancestors, our society & various traumas in all layers of self.

Shadow Work will also be performed. Shadow Work is basically self-love in disguise, and it is an “advanced” type of soul work. This is because shadow work involves a significant amount of courage to unconditionally accept the hidden “dark” parts of yourself and of others.

To achieve your goals, all sessions include a Singing Bowl Sound Massage & Energy Healing. This raises your vibrational frequency for all layers of self including your physical, mental, emotional and energy bodies. Blocked energy moves toward the energetic filtration system of each chakra, so that it can be recycled back into your life force. This will release all mental patterns, karmic agreements, soul contracts, & pranic energy cords, which no longer serve you, through all space, time & dimensions.

Customized recorded meditations and tools specific to YOU will be created.

**Receive your own leather-bound journal to write down all of the deep and insightful self-discovery you will experience on this journey.**



# Discover

## Session 4 & 5



**DISCOVER** & meet your Spiritual Guides, your Power Animals, 'Higher Self' & your Personal Soul. I will first introduce them to you and then empower YOU to work with them.

Your soul's gifts & mission will emerge. You will understand what your soul would like to express in this lifetime and how to align your Free Will with Divine Will.

You will also discover your Ayurvedic mind-body constitution.

According to Ayurveda, at the junction point where thought becomes a physical manifestation in the body, there are three governing agents called doshas. Doshas are mind-body principles that govern the flow of intelligence throughout the physiology. They are extremely important because they facilitate the mind's dialogue with the body. From your earliest years, all of your thoughts, emotions, desires, dreams, and other mental events have provoked changes in your physiology, shaping the body you have today.

We will define a logical plan to integrate with your goals, gifts and dosha (Ayurvedic mind-body) constitution into your current life.

**Receive your customized Mind-Body 'Dosha' balancing package, which includes:**

- Ayurvedic Tea
- Self-massage Oil
- Spices
- Candle
- Incense
- Essential Oils



# Integrate

## Session 6 & 7



**INTEGRATE THE POWER** with deep intensive work to align your intellect, mind and ego with your soul's purpose. In this society cutting off our power to become compliant and productive is very common. Working through these limiting beliefs and reclaiming your voice is one of the many tools you will learn to apply.

Your intuition, inner guidance system, will rise above distracting thoughts allowing diamonds of genius to arise. Also, the clarity of the world around you & seeing the 'Bigger Picture' to make optimal decisions in any given moment.

The movement from your inner guidance into a primary focal point of viewing life, while your intellect, mind and ego move into a secondary role can be quite an internal battle. We will work together through this pivotal process.

The mind, intellect and ego will seem as though they are fighting back hard since it is new and this part of yourself will feel as though it is dying. Over time, this part of you will learn to accept its new priority in your life to allow your infinite self to emerge and vibrationally expand.

Grounding these new energies into your body and into the earth is very, very critical. **You will learn dosha-specific yoga poses and customized grounding exercises to integrate and balance your specific energies and become power-filled instead of ego-based powerful.**



# Ignite

## Session 8 & 9



**IGNITE** and activate your access to source, bringing in the Power of the Present Moment. Activating the sacred space in the heart opens up an infinite source of unconditional love. Mindfulness practices will allow you to savor each and every moment of your day.

Your anxiety is anxious about itself. Your loneliness feels lonely with itself. The only way you can liberate yourself from your emotional suffering is by opening your heart to all of these emotions unconditionally. The moment you feel this love throb in your chest, in your soul, is the moment you have found the doorway to your pain's liberation.

Every painful, tortuous feeling must be given rest in your heart. Every disturbing sensation must be accepted exactly as it is, without you wanting it to change. Every one of your emotions must be met, felt with compassion, and allowed safe passage in your heart.

Love is the energy of the heart, and it is the only doorway through which your painful emotions can pass. When you try to "fix" these emotions, you keep them stranded in the body. You are essentially telling whatever painful emotion you're experiencing, "You're not good enough, I don't like you, I want to get rid of you." What message does this send to your emotions? What message does this send to yourself?

Your emotional anguish craves for love, for true unconditional love. Your pain thirsts for comfort, solace, and nurturing. Instead of sending your pain the message that you hate it, you need to treat it as a mother, father, friend, or lover would. Together we will open your arms to this pain, allow compassion to clothe it, and it will melt through the doorway in your heart and be released.

**You will receive crystals with specific energies for this process:**



# Emergence

## Session 10 & 11



You learn to listen to what **EMERGES** in the sacred place in the heart, trust your inner guidance system and then begin to express YOUR truth.

Even when encountering the most challenging people and circumstances, you will learn the ability to stay centered, focused and see the truth in the experience.

Learn to maintain a high vibration in these circumstances allows you to make the most optimal choices, which serve & nourish you.

Learn to extend your free will to call in your Spirit Guides, Power Animals & Ascended Masters for assistance with all techniques & exponential amplification of your being's vibration. As I guide you to work with them more and more, you will begin to use the infinite legions of ascended beings of light devoted to helping you on your soul's journey. You learn to delegate all of your worries, challenges, and logistical action items to them so you feel the freedom to fully express your soul's gifts joyfully.

To begin this process the third-eye chakra located in the pineal gland is opened. When your third-eye is blocked or constricted, you struggle with narrow-mindedness, over-thinking, insomnia, restricting beliefs, lack of purpose, depression, and an inability to connect with your Soul.

When your third-eye is open, you will be able to connect to the spiritual realm with more clarity. You will enhance your ...

- ◆ **Clairvoyance (clear seeing)**
- ◆ **Claircognizance (clear knowing)**
- ◆ **Clairaudience (clear hearing)**
- ◆ **Clair empathy (clear feeling)**
- ◆ **Clairtangency (clear knowing through touch)**
- ◆ **Clairsentience (clear knowing through feeling)**

# Awaken

## Session 12, 13 & 14



**AWAKEN** through Primordial Sound Meditation. Learn your 'BIJA' seed mantra. A Sanskrit term, which translates to the 'vehicle of the mind.' A mantra truly is a vehicle that takes you into quieter, more peaceful levels of the mind.

It is the vibration the universe was creating at the time and place of your birth, and it is calculated following Vedic mathematic formulas. It is not about forcing your mind to be quiet, it's about experiencing the silence that is already there and making it a part of your life.

When you silently repeat your mantra in meditation, it creates a vibration that helps you slip into the space between your thoughts, into the complete silence that is sometimes referred to as "The Gap." Your mind is no longer caught up in its noisy internal chatter and is instead exposed to pure awareness.

Primordial Sound Meditation Silence is the birthplace of happiness, creativity, and infinite possibilities. From this field of pure potentiality we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the Universe.

You will also learn Axiotonal Alignment to your physical body with Axiatonal Lines for healing the physical and etheric bodies. Axiatonal Lines are part of a fifth-dimensional circulatory system that combines color and sound, drawing the basic energy for renewal functions of the human body. The Axiatonal Alignment brings in and activates these new energetic meridian lines allowing for the exchange of source light, divine information and the reconnection of DNA strands.

**A sense of wholeness with all layers of self will lead to your goal of a vibrant fulfilling life!**

