

PHASE1 - STEP1

DISCOVER THE VOICE OF YOUR SOUL



Iris Boy
KYARON ART
PHASE1 - STEP1

STRUCTURE

PHASE 1 - Introduction to LIGHT LANGUAGE or Sound Alchemy

- Step 1 - Introduction - What is Light Language and understanding this sacred Rite of Passage
- Step 2 - Personal Experience and my Story with Light Language
- Step 3 - Sound Alchemy Transmission to open yourself up to express
- Step 4 - The power of sound

PHASE 2 - Preparing the Framework for the journey

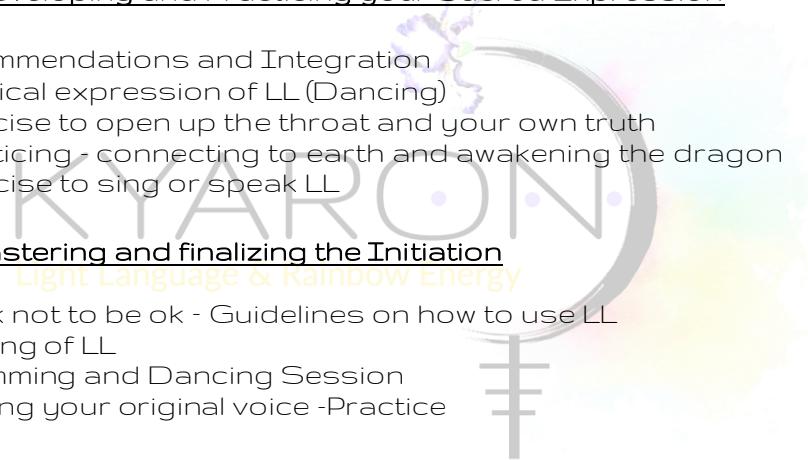
- Step 1 - Guidelines for the next Steps
- Step 2 - Receiving your own way to connect to your true self and open space

PHASE 3 - Painting Light Language - Mini Portal Painting

- Step 1 - Art Medicine - Painting your own Symbol - Personal Intention

PHASE 4 - Developing and Practicing your Sacred Expression

- Step 1 - Recommendations and Integration
- Step 2 - Physical expression of LL (Dancing)
- Step 3 - Exercise to open up the throat and your own truth
- Step 4 - Practicing - connecting to earth and awakening the dragon
- Step 6 - Exercise to sing or speak LL



PHASE 5 - Mastering and finalizing the Initiation

Light Language & Rainbow Energy

- Step 1 - Its ok not to be ok - Guidelines on how to use LL
- Step 2 - Signing of LL
- Step 3 - Drumming and Dancing Session
- Step 4 - Finding your original voice -Practice

PHASE 6 - Summing up the experience

- Step 1 - Signing - Your Initiation
- Step 2 - Summing up the experience

This material is for your use only, please do not share it with others. If you want someone to do the process, they must decide for themselves and take the step when they are ready. You can share with them the link to my website and they will see if they resonate and choose their plan.

Please consider not to:

1. Screenshot, share or publish online, partly, or wholly, any of my work, events, words, materials, or emails you receive from Kyaron without my permission.
2. Use my work, events, words or materials to create derivative works, events or materials.
3. Share, publish or modify my art without naming me as the artist with a link to my website.

PHASE1- STEP1- INTRODUCTION AND UNDERSTANDING THIS SACRED RITE OF PASSAGE

Welcome and I'm so happy we are doing this together. In the documents I am going to give you some indications for this Phase and invite you to do the Prompts for you to really get going. **Please take your time in between the Phases, don't rush the process.** It may even take weeks or months for you to finish up, and that's absolutely fine!

You are here, reading this because it is time. Your soul is ready to go into its next experience. The whole process is a cocreation of all the attendants, you are projecting me so to say - for you to remember what you are capable of. So, the good and the bad you see in me is telling you something. But none of that is really you. YOU are the intelligence where all of existence arises in. And we are on this journey of remembrance and embodiment of this divine self - together!

So, in between my words - or behind my words - lies a deeper meaning and message for you. Listen to the more subtle communication that I am sending you - which is specifically for YOU. Telepathy is coming more and more online.

How to proceed with the course?

- Take at least **a good nights sleep** in between the Phases
- For a complete experience - **do the prompts**
- **Journal your experiences** and insights/guidance/codes you receive
- Take **extra time for yourself** and be easy on yourself!
- Spend **20 min a day in nature** in silence
- **Drink lots of the water** we are programming for this adventure
- **Listen to your body** and what it needs, you may experience less hunger
- If possible **supplement with extra vitamins** (B12, Zinc, Vitamin C, Vitamin D)
(If you are interested in what I take - here is a link where I share more about the importance of Cellular Nutrition and where to buy)

What do you need for the course?

- A **BIG** bottle for the water - if possible, Glass bottle and blue
- A nice, beautiful cup
- A space where you are undisturbed and can go wild.
- A beautiful book or journal where you can write down your experience and do the prompts

For PHASE 3 - The painting - I recommend the following, but it's not necessary. I invite you to try something new and invest in doing it with me, the materials are not expensive. You can buy everything for around 20 Euro/Dollars. But if you don't feel like it, use whatever you have at home. It would also be enough to have a sheet of paper and some colors (Pastel, Pens, etc).

- Large sheet of **WATERCOLOR** Paper or a **CANVAS**
- Watercolors and some Acrylics or Fluid Acrylics
- Cup for the painting water
- Tablet or Carton to mix the colors
- Brushes or at least 1 brush
- Colored Pencils or Eddings

Things that can happen along the way...

This is a sacred Rite of Passage, an Initiation. You are exploring new things and opening up to discovering more of your true self. In this ceremonial time, the parts of you that are NOT you and that have to leave to make space for the new, may rebel a bit. This is normal. Things you might experience are (not necessarily though):

- Huge flashes of energy (hot/cold)
- Opening of your third eye or visions/colors or even beings/energies
- Enhanced Sensibility
- Remembrance of other "lifes" or dimensions
- Activation of the Kundalini or Life Force Energy / Creative Energy
- Change of perception of Reality
- Big emotional releases and doubts
- Blockages in the body that are being opened may cause pain
- Physical symptoms and detox
- Change in food choices
- Mood swings
- Crazy lucid dreams
- Enhanced empathic abilities
- Psychic Abilities and gifts coming online
- People falling away that no longer belong in your experience
- Changes in life in general
- Sense of feeling "lost" or not knowing who you are anymore
- Physical changes
- Changes in the way you dress
- Enhanced sensitivity to smells/noises
- "Ego-death" experiences
- Resistances and even suppressed rage and sadness

Here is my Music recommendation:

LIGHT LANGUAGE SPOTIFY LIST:

<https://open.spotify.com/playlist/5hXRIHli8mNB0jtlC9taH0?si=t6j3M5q4Sse7x2eXqT5xvg&pm=i-e-cWkclOYoTdaO>

YOUTUBE RECOMMENDATIONS:

<https://www.youtube.com/watch?v=MFO0ycABwPM&t=148s>

<https://www.youtube.com/watch?v=6Q5-rHTTe6Q>

<https://www.youtube.com/watch?v=OxOb5zTC6MA>

Link to our Telegram - The Stellar Tribe:

My goal is to bring together our Tribe, your Monad, your Soul Family and to create a safe space for us to share, support and motivate each other.

Being held in this transition phase and having a space where you can be 100% yourself without judgment is crucial. Many doubts or criticism may come from the outside world and persons who do not understand what you are doing. I have been called evil, crazy and all sorts of things.

Here -you are safe. Everyone in this space is in the same boat and no one will judge you. **Sharing your new found gifts and talents with likeminded souls makes it easier and will give you the confidence to open up more and more.**

I welcome you to our Stellar cosmic tribe! So good to have you with us! Welcome back!

<https://t.me/+qTirebVnHeA4OGI0>

We will also have a live Q&A once a month. I will share this in the Newsletter. Stay Tuned!

Link to the Water Body Connection video:

<https://www.youtube.com/watch?v=2JiTNs4u1AY&t=26s>

Link to a meditation open up the space:

<https://www.youtube.com/watch?v=eB1lE3qZLy0>

Link to Oracle Girls work:

<https://www.oraclegirl.org/>

PROMPTS PHASE 1

This part of the course is recommended for supporting you in integrating the mental, emotional, and energetic shifts from the Layers. It is up to you to utilize it as much or as little as you need, before moving on to the next Layer. I do recommend reading the documents before and to do the prompts for a complete experience.

Take time to sit in silence, not doing anything for at least 10 minutes a day. No need to "shut off" your mind or sit somehow specifically. Just be.

Please take your time in between the Phases- don't rush the process.

In between my words in the silence - or behind my words - lies a deeper meaning and message for you. Listen to the more subtle communication that I am sending you - which is specifically for YOU.

Please take what resonates and leave the rest!

Read first:

If you find yourself wanting to rush through the modules and soak it all in (that's great that you're eager!), it's also powerful to allow yourself to slow down and let it all integrate. This is not just about mental learning - **you are embodying your original self more and more.**

It is very useful to be extra aware of what is happening around and in you during the day, to take time in nature, to breathe more deeply and really listen to what your heart voice is whispering to you.

But most of all listen to your own inner guidance. You don't have to do the prompts and exercises if you feel you need more time or are not ready yet! Take your time to recharge, integrate and make **it useful and fun!**

I recommend listening to the following music during this Phase, where we are still getting to know each other. This phase is opening you up energetically to what is coming.

Take time to sit in silence, not doing anything for at least 10 minutes a day. No need to "shut off" your mind or sit somehow specifically. Just be.

Light Language & Rainbow Energy Reflection Questions & Journal Prompts:

- How did the activation of your soul language made you FEEL? What did you notice? (energetically, emotionally, physically?)
- What do you admire about others, that you don't think you have in yourself?
- Write down 10 things you love about yourself and read them out loud in front of the mirror.
- Reflect on what it was you LOVED to do as a child. Are you still taking time to do those things? Often our "mission" has a lot to do with that. What is the one thing you love to do? That you would not mind doing all the time, even without being paid for it?
- What do you think are your gifts? Your unique thing that you are really good at?
- Reflect and be more conscious on what it is you think and SAY about yourself and others. Do you noticed that maybe you are putting spells on yourself and others?

Declarations:

- I am an infinite soul in an infinite universe.
- Everything is opening up for me.
- I am opening up to express my true nature.

