

PHASE 5 - STEP 1

DISCOVER THE VOICE OF YOUR SOUL



PROMPTS PHASE 5 - STEP 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 of" 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.

I am sharing my view and my truth , that doesn't mean it yours. Please discern for yourself. Take what resonates and leave the rest! Everything I say is only an invitation for you to decide for yourself. Only you have the answers. Only you can decide.

Oh boy Oh boy - I was going through a hard batch before doing that video! I was angry, tired, sad all at the same time. It was hard - a mini dark night of the soul. But necessary to let go of so many doubts, fears, insecurities and blaming others. It always helps me to remember that when you point fingers...three fingers of your hand are pointing at yourself. That doesn't mean that you are guilty. We all have our good parts and our not so good parts. But we are letting go of that all. Understanding that we are all different and everyone is going through their own "shit" helps me have compassion and understanding. Not denying our "shadows" and bypassing them by thinking that we always have to be "positive" is CRUCIAL to be able to the next level of embodiment. Knowing that none of that is you - and neither accepting nor rejecting those situations but letting it simply move through is KEY. The only way is through. But you can do it. Just don't ever ever give up! And reach out for help if you need it.

Reflection Questions & Journal Prompts:

- Dormant parts of your DNA are opening. What changes are you noticing? Physically, emotionally, spiritually, mentally?
- Have you been giving your power away to other beings/frequencies/energies that you think are more evolved with you?
- Do you have fears that anything (being, energy, people) around you can "hurt" you? Reflect if this has to be true and remember that nothing outside of you can ever "destroy" you.
- Think about what death means to you and write down (after connecting with your inner self) what answers this infinite being that you are has on "death".
- Is there something you really would like to do in your live before you die? What is it and what is hindering you to do it?

Declarations:

- I trust myself.
- I believe in myself.
- I am ready to take on responsibility and do what I came here to do.