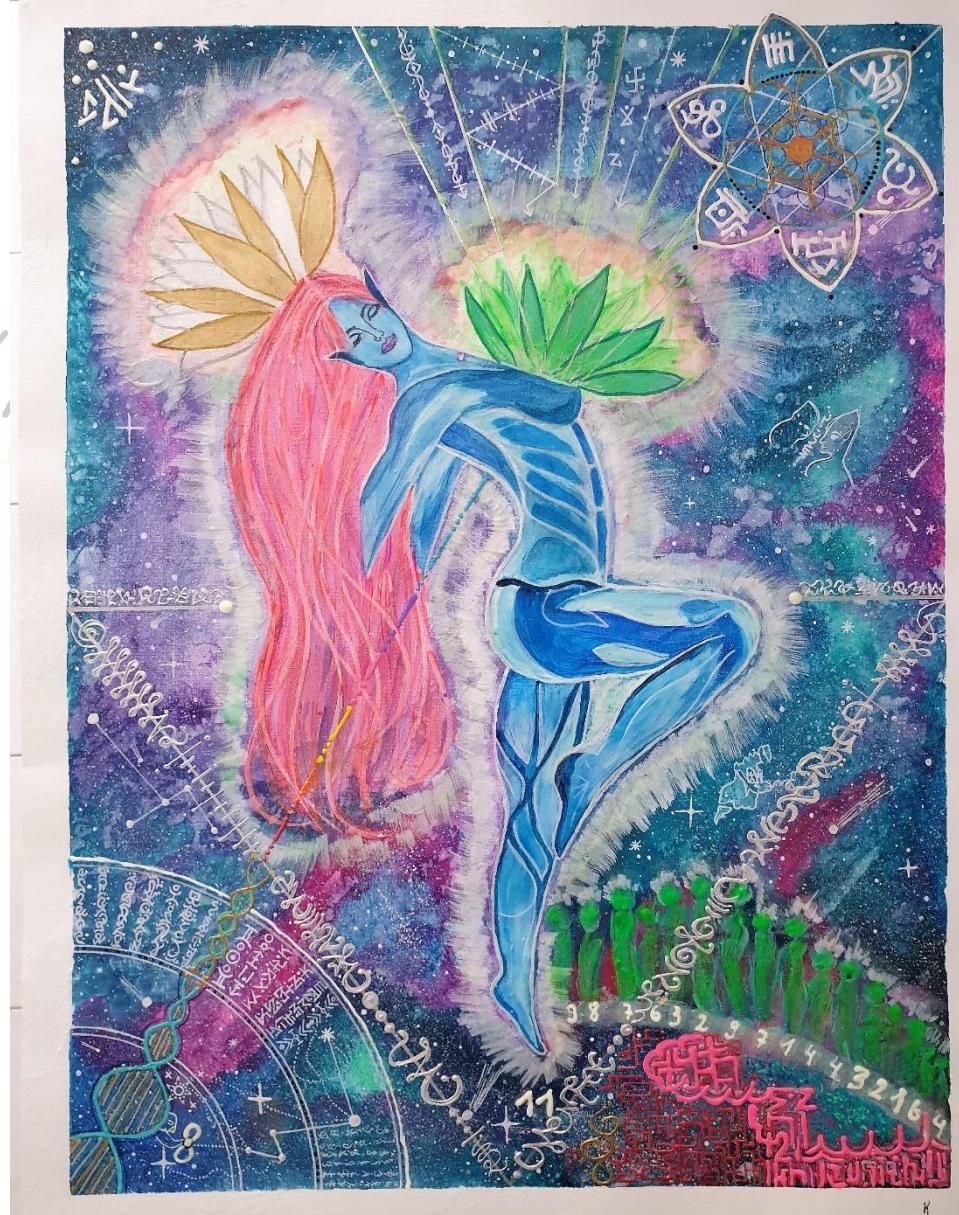


# DISCOVER THE VOICE OF YOUR SOUL



## PROMPTS PHASE 4 - Step 1 - ACTION!

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.**

**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.**

Describing Oracle Girls work with words is almost impossible. You have to experience it for yourself. If you want to more consciously know what it feels like to absorb pure love with the technology already built in in your body (you are already doing it) and know more about ORACLE GIRLS work- Here is the

link:

[www.oraclegirl.org](http://www.oraclegirl.org)

**Its time to take action! Here I am going to give you suggestions to deepen in each step. We are unraveling your purpose, your gifts and talents and opening to expressing your own Light Language! Yeah!**

Please don't make the mistake and try to sound like me or like anyone you have ever heard do Light Language. Trust that what is coming for you is what is **UNIQUE TO YOU** and **what is NEEDED**. There are enough copies and all Light & Love Masks in the New Age Movement.

Sometimes very deep and dark tones need to be expressed. It is very important to let that happen also.

**I want you to be AUTHENTIC. Not perfect.** We need your authenticity and your unique expression and frequency in this world! Otherwise, a big part is missing! And that is the problem a lot of times. We think we must be a certain way or be like others we admire... and then we get depressed because we never can! Our soul is urging us to find our **OWN** way!

### Reflection Questions & Journal Prompts:

- Mirror Exercise: Do your own Sound Alchemy in front of the mirror for at least 1 Minute every day for 21 days with the intention to see and embody your divine self.
- Spend 20 Minutes a day in nature being still.
- Put your hands over your ears (like headphones), close your eyes and answer this question out loud to yourself, listening to the tone of your voice, connecting with your voice:  
What is it that I don't want anyone to know about myself? What is it that I feel ashamed of? What is it that is hindering me to accept and love myself? When you finish, simply hand this over to love. And KNOW that everything, absolutely everything that has ever happened in your life is already forgiven.  
You just have to forgive yourself. Speak words of forgiveness to your old version and let go. None of that is you. It was purifying through you.

### Declarations:

- There is nothing to be achieved. I make myself available to experience life through me with open arms.
- I am not separated from life. I am life itself. My true nature is purity.
- I trust the unfolding of the process; I know I am on the right path. Always.