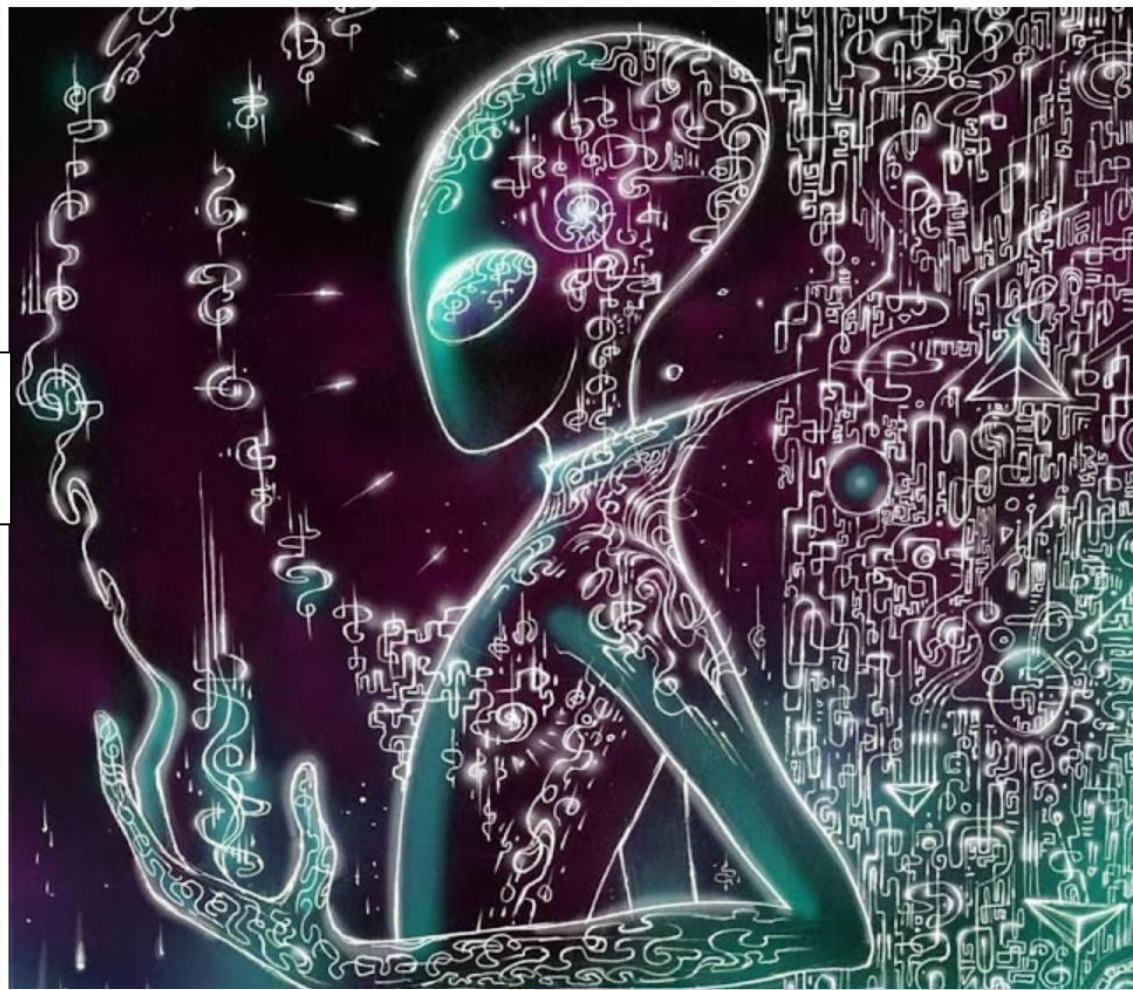


PHASE 2

DISCOVER THE VOICE OF YOUR SOUL

IMAGE/ARTIST:
ARTSOLDIER77



Iris Boy
KYARON ART
PHASE 2

STRUCTURE

PHASE 1 - Introduction to LIGHT LANGUAGE or Sound Alchemy

- Step 1 - Introduction - What is Light Language and understanding this sacred Rite of Passage (08:13)
- 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

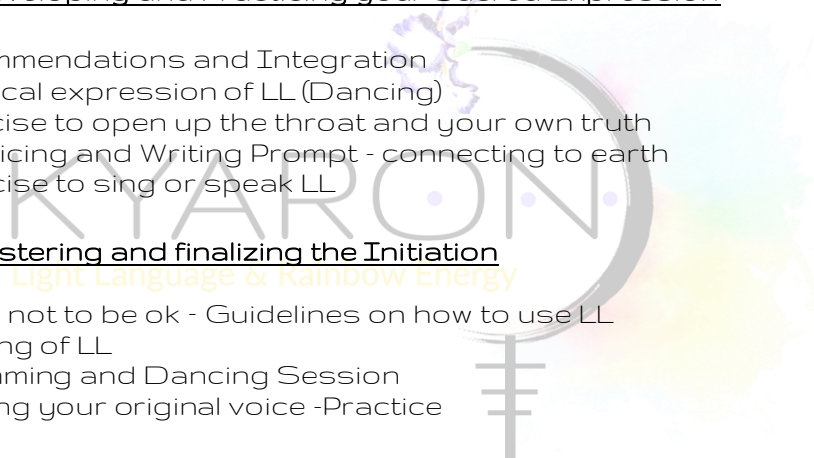
PHASE 4 - Developing and Practicing your Sacred Expression

- 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 and Writing Prompt - connecting to earth
- Step 6 - Exercise to sing or speak LL

PHASE 5 - Mastering and finalizing the Initiation

- 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 and final words



PROMPTS PHASE 2

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.

Reflection Questions & Journal Prompts:

- What did you receive as your opening Symbol/Movement/Ceremony? Maybe its just a word or an internal decision?
How did you receive it? Is your perception more of a feeling or knowing? Maybe it is visual or auditive? Each of us is different and there is no right or wrong!
- Write down in your journal what you have received. Maybe you want to add something to acknowledge for yourself that you are stepping into sacred space like lighting an incense or a candle.
- Take a salt or clay bath if you can (also possible in the ocean or lake) and consciously prepare your body with this bath. The intention is to purify everything that is holding you back to take the next step and to deeply relax your cells to receive the new codes.
- Do something only for you this week that really makes you happy. Even if it's just 30 minytes. Only you!
- Try out to substitute the word "have to" with "Want to" and see how many things a day you do that you really don't want to do. Try out to only take action if it's a "OU YES!" - for a day!

Declarations:

- I have the right to relax. I have the right to live a relaxed life.
- My heart is my compass, it tells me through excitement if it's the way!
- My vision becomes clearer with every step I take. I don't need to see the full picture, so that I can enjoy the process and let myself be surprised!

