

Twelve Week Program

Embody DIVINE DUALITY

with Inaya Oakroot

Oakroot Spiritual Academy

www.oakrootspiritualacademy.com

Introduction to Oakroot Spiritual Academy's program

Embody DIVINE DUALITY

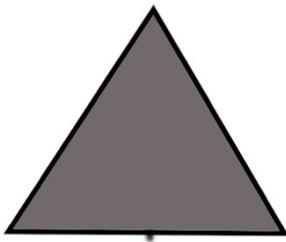
What you can expect from the program

To unite opposites is to see that they contain each other.

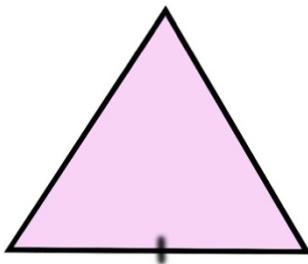
When we humans have seen the world as containing opposites of good or bad, we have been operating in a two-dimensional world, creating a third dimension. Another dimension that we haven't recognised as our own creation.

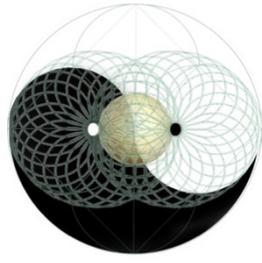
We can see how our inverted use of duality has created results containing the contradictions between two combats. Two dimensions and their result: a mismatch of shadows and misunderstandings. We have created emotional toxic fires. (Fire: The energy of 3: 3D)

How we utilise duality is how the content of our 3D world vibrates.



Divine Duality has the same base, but interpreted differently. When two counterparts match and merge, something miraculous happens. Their inherent potentials compose the field of Yin/Yang, and a vibrating area containing THE SPIRIT evolves. An area including all dimensions existing in our Universe. A thickened field where we bathe in love. Anyone can shift to this vibration, and our societies will shift with us.





What is playing out in the transition?

Our planet Earth has already heightened her frequency, which makes it possible to reach heaven on Earth... AND, all the shadows come to the surface. We face a short time of great conflicts and sicknesses, pushing us to change our perceptives and behaviors, mirroring the new Earth and her Divinity.

Duality is not a split.

Duality is an

Expansion.

Duality is Oneness expanding.

Becoming able to interact with itself.

When seeing life from this viewpoint, the shift that it will create, we are set free to be fully in connection with all our inherent intelligences.

We will be connected to the great web of life.

Our vast potential.

School and the corporate world have taught us to produce. Produce in a linear way, already prepared in advance.

They have taught us to separate good from bad, right from wrong; a way of using the polarity within all, in a structure that locks our inherent potential.

Now we need to use our platforms in a new way. The new world craves our ability to be flexible and to interact with situations we never could imagine ever coming.

What has happened during our generational habit of following information from the outside, and not from within, is that we have lost our inner ability of our own masculine and suppressed our feminine.

Humans have had their corporate work making the framework for them, and the human creative abilities have been used within that structure or to escape from it.

The Program

The program embodying Divine Duality takes the path of unlearning, and relearning from everyone's unique inner Divine nature.

The treasure that we are heading is a creative field that simultaneously will heal. When we come to the ableness of merging opposites within ourselves, and make them thrive together, we have come to the next level of human consciousness.

A field of consciousness that only the one experiencing it can imagine.

We will use our voices as a great tool to heal and making us able to choose our energy field.

And we will activate our sensory system to make our natural creativity take place, following our intentions.

The course will help us heal our relations and to have a life that is connected to the great web that rules all natural laws.

Our mind, heart and body will be our tools to interconnect and to use differently by conscious choice.

We will practice Divine Duality throughout the course to make it a natural way perceiving duality in its field of match and merge.

Being one with the magic third reality that it creates.

The willpower that in the 2D world perceiving duality, made us have a strong ego, now will be used differently. We will live in a worldview where everything is connected and the potential in the matched and merged will form itself after our investigations.

By using the modern science of energy, combined with the natural laws, the wisdom from the arts and the wisdom of healing, combined, we will be conscious creators, willing to let go of our old way of control.

Balance our masculine/feminine

As we raise our vibration, we will be gifted a strong energyfield around us that lead us to another consciousness than before.

The third month we will enter the field where we can use our innate skills to create our life and work in the new paradigm.

You are welcome to go into a meditative mind in the video, covering Divine Duality, experiencing it by yourself.

Next Date

2 September - 18 November 2023

Format

A 12-week program including 9 practicing weeks. 3 three-week cycles followed by a fourth week free from any practice between every cycle.

First Cycle: Your Divine being. Get to know your unique and universal powerful spirit, body and mind.

Second Cycle: Healing shadows, connections and self-esteem.

Third Cycle: Your creative genius. Shaping your beingness into alchemy. Your Medicine wheel for your next level of "work". The ease and simple. Flow.

About the Event

In the program Embody Divine Duality you will share a sacred space together with others, each of you dedicated to fulfilling your own inner guidance, and with that, to be in synchronicity with the evolvment of Earth and the

next paradigm for us humans. You will have a committed platform where you may evolve and establish your individual use of Divine Duality.

A program for those who live in one world that pays the bills, and the other a world that fits your ethics, values, and consciousness. To unleash Your Pure Potential.

It is already an inbuilt gift ready to be awakened.

This program is for you when you have come to the point when you need to step into your dedication.

It is a natural and easy way to rediscover and use your Pure Potential.

Divine Duality is another worldview than the one we have been living in our societies, and the worldview will open the door to implementing the universal flow in the Earthly realm. To materialise heaven on Earth.

It is totally natural, though it builds on your own inner wisdom and nothing else. No one will put you in a box of an already constructed vision of reality, but give you tools to use the Divine potential that is inbuilt in duality, and all your previous modalities and tools will be useful.

Welcome to your unfolding.

You are invited to cross the bridge between your two worlds and create one world within, through and around you.

- Divine Duality is for you if you want to
- Find your Pure Potential and use it in your daily life.
- Find your way to earn your living from where you belong.
- Understand yourself from a point of success.
- Have energy and trust that your life is important.
- Evolve together with others, where you can thrive thanks to the other, and have a platform where you safely can materialize your inner guided devotion.
- Evolve new parts of yourself in sacred space.
- Have a steady and long-term path for your own development.

- Fully be able to follow your inner guidance both in your workspace and daily life.
- Experience that your Divine uniqueness has a place in the world.
- Experience a life where you do less to achieve more.
- Serve humanity by just being yourself, and manifesting your dreams.
- Have flow in your daily life, making your trajectories unfold effortlessly.
- Heal from wounded stories.
- Know what is yours to create, and what is not.
- If you have a big dream, but weren't able to land it.
- Heal genetic lines, with connection to your ancestors.
- Use your voice to heal and connect to your Divine beingness.
- Be happy.

What you will Receive

A platform where you can safely try on your own way of living your dream, and your own path. Where you can safely be yourself in your different personalities and emotional states, held by others. A platform to establish your continued way of interacting in your external life.

You will be given tools to move yourself into the field, energy and frequency of your wish, in every different situation. A path to self-love and power to manifest your inner wishes.

Most of the program will be practical, charging your voice, body and creativity. You will practice modalities to heal yourself and others with your own voice. We will fire our soul, be in introspection/reflection, and experience a red thread within the new steps each week, with their different flavor. It will be a beautiful, powerful, and smooth expansion of our Pure Potential.

The Program

Max 12 participants

There are three important shifts to be done to get free, using our pure potential: The shift of our worldviews, purification of our own shadows, and to reach a synchronicity in the cooperation between our mind, heart and body, and with that a vivid flow in our whole spiritual body. A shift that takes deliberate discipline and full willingness, though our system has a very rooted automatic program installed.

In our program Embody DIVINE DUALITY we will help our participants into this transformational shift through 3 cycles of 21 days each. A journey to make our bodies aligned with the new.

The three months are three steps towards your integrated Divine Duality:

Month 1: Your Divine Being. Get to know your unique and universal powerful spirit, body and mind.

Month 2: Healing Shadows, Connections and Self-Esteem.

Month 3: Your Creative Genius. Shaping your beingness into alchemy. Your Medicine wheel for your next level of “work”. With ease, simplicity and flow.

12 weeks to materialise your wisdom, your potential and your love into your workspace.

Entering life and succeeding in living your Divine Blueprint, to live successfully in relationships, professionally and within yourself.

Establishing peace within, inner joy, creativity, balance and a base to establish a platform in the outer world, mirroring your inner path.

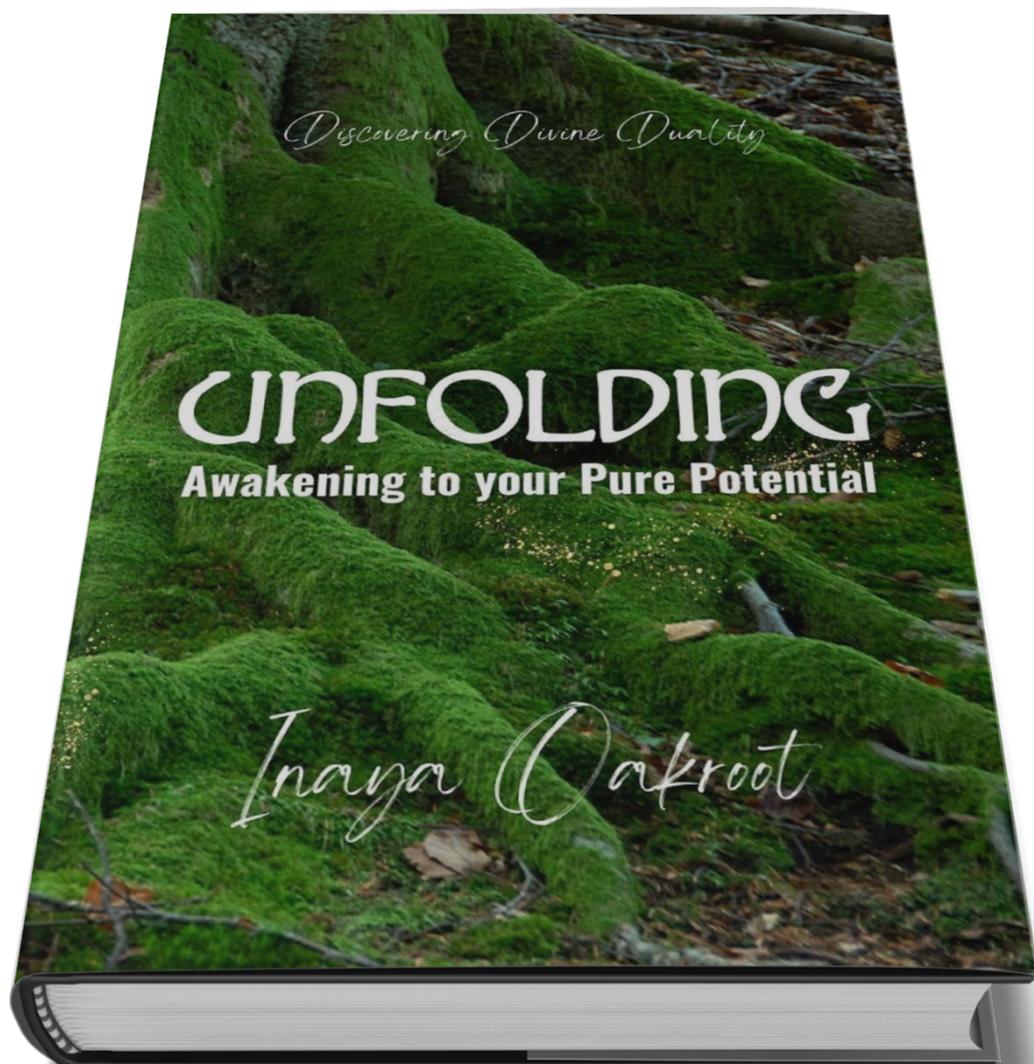
The practices will activate your voice and take you beyond ugly/beauty while looking at your own “products” of creation. We will experience them as the transforming tools they are.

The three-month program creates a break through, to then a lifetime that will be continuously evolving through Divine Duality.

To enter Divine Duality, we will have our own beingness as our biggest treasure to investigate.

3 months - 3 steps. Each month containing 3 weeks (21 days) of practice, AND one week of rest from any studies.

The program of 12 weeks will ask for your presence and dedication during this period. The physical gatherings are just 10 - 12 hours/month, but the exercises will be mixed into your normal everyday life, and to fulfil the program to your delight you are as well asked to take notes, follow video exercises, and do some writing exercises from the book UNFOLDING.



You can expect about 10 extra hours a week.

The online chat room will be for the participants to connect and learn from each other.

The course's main operations will be to reclaim us as a Creator being from within, and with that we will cross our comfort zone. We are often so used to intellectualising before stepping into the unknown, but our mind can't grasp another worldview than it already knows about: only our heart and body can. Here, in this program, our body will reclaim its real power, using our 8 senses - our devices corresponding to the web of creation. We will reclaim experience from within, using and acknowledging our inner knowing. Reclaim our voice from within.

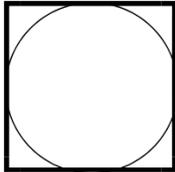
Leaders: Inaya Oakroot + one co-leader + guests from Inaya's team

Price: \$5995

The program includes:

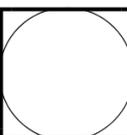
- The online education will be accessed from our website 10-12 hours/month, with all 22 videos, meditations, written text and instructions gathered, plus a chat forum for participants.
- One Soul Realignment reading and clearing + cleared and opened pineal gland by sound (The two are able to be shifted to a coaching session)
- One trauma release through sound (month 2) (able to be shifted to a coaching session)
- 3 coaching sessions (available within 6 months)
- Signed paperbacks of
 1. Unfolding - Awakening to Your Pure Potential
 2. This Creative Existence - Unfolding a New Conscious World
 3. and "Dreamstate - Where You Bring Forth Your Being".
- The Journal of Unfolding
- Painting and drawing materials

Structure Month 1

MONTH	WEEKLY		DAILY
	WEEK 1	MOTHER WEEK 1	Morning Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
	WEEK 2	FATHER WEEK 1	Afternoon Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
WEEK 3	CHILD WEEK 1	Evening Meditation + PRACTICE	
2 HOUR GATHERING SUNDAY VIDEO + PRACTICES			
		WEEK OF LIMINAL SPACE	

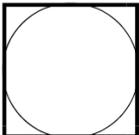
+ CHAT ROOM FOR PARTICPANTS

Structure Month 2

MONTH	WEEKLY		DAILY
	WEEK 5 2 HOUR GATHERING SUNDAY VIDEO + PRACTICES	MOTHER WEEK 2	Morning Meditation + PRACTICE
		
	WEEK 6 2 HOUR GATHERING SUNDAY VIDEO + PRACTICES + 2 EXERCISES	FATHER WEEK 2	Afternoon Meditation + PRACTICE
.....			
	WEEK 7 2 HOUR GATHERING SUNDAY VIDEO + PRACTICES	CHILD WEEK 2	Evening Meditation + PRACTICE
.....			
		WEEK OF LIMINAL SPACE	

+ CHAT ROOM FOR PARTICPANTS

Structure Month 3

MONTH	WEEKLY		DAILY
	WEEK 9	MOTHER WEEK 3	Morning Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
		
	WEEK 10	FATHER WEEK 3	Afternoon Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES + EXERCISE		
		
	WEEK 11	CHILD WEEK 3	Evening Meditation + PRACTICE
	4 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
		
		WEEK OF LIMINAL SPACE	

+ CHAT ROOM FOR PARTICPANTS

Program Outline

The first day of each month is scheduled for 4 hours, but we ask you to take the whole day off from any other plans.

You are invited to have the whole day unscheduled to make the content land, as in a Sādhanā (an ego-transcending spiritual practice). Or Yoga Nidra (yogic sleep is a state of consciousness between waking and sleeping, typically induced by a guided meditation). Or just being a pure beingness in nature.

Make it a habit to make space for each activity to land with a liminal space until next, is a very beneficial routine.

The three months are three steps towards your Divine Duality integrated:

Month 1: Your Divine being. Get to know your unique and universal powerful spirit, body and mind.

Month 2: Healing shadows, Connections and Self-Esteem.

Month 3: Your Creative Genius. Shaping your beingness into alchemy. Your Medicine wheel for your next level of “work”. With ease, simplicity and flow.

Preparation before the Start

A coaching session with Inaya or Soul Realignment Healing + Opening of the pineal gland by vocal sound.

Create a sacred space for yourself, where you can take your own space during the practice. Create it beautifully for yourself.

Make an altar with the four directions. You will have guidance from us on how to create it, and what it is for.

Schedule for Month One

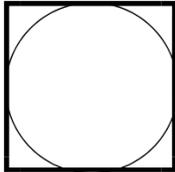
4 hour gathering Saturday, Day 1.

3 coming Sundays - 2 hours gathering and sharing + the topic and Divine Duality Triangles of the week.

3 pre-recorded meditations to be used each day in three weeks.

One writing exercise.

Structure Month 1

MONTH	WEEKLY		DAILY
	WEEK 1	MOTHER WEEK 1	Morning Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
		
	WEEK 2	FATHER WEEK 1	Afternoon Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES	
	WEEK 3	CHILD WEEK 1	Evening Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES	
		WEEK OF LIMINAL SPACE	

+ CHAT ROOM FOR PARTICPANTS

Saturday Week 1 September 2nd , 4 hours gathering (to be recorded)

Part 1

Open the circle.

The structure: Going through the practices, meetings and sharings

We call in the power from within, surrounded by our guides and connected spirits + the Earth elevated and pure grid, in a meditative state, together with high-frequency sounds.

Part 2

Breath exercise to open the heart

Part 3

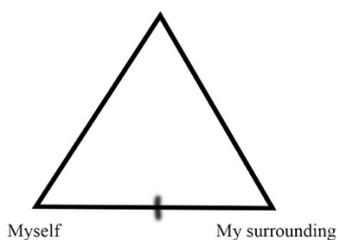
Sharings from participants: short presentation, and hopes and fears. Wishes and let goes.

Part 4

Burning the let goes. Put your wish in the middle of your altar.

Part 5

Going into the first triangle of Divine Duality: Mother/ Father.



Part 6

Deepening the Mother, using breathwork, vocal sounds, movements and paint/draw/write

Part 7

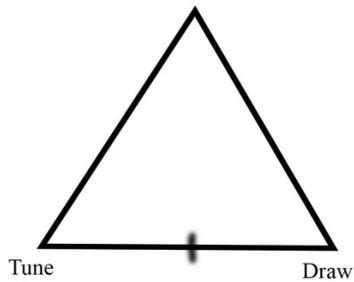
Deepen the Father, using dance and intention

Part 8

The Child and the field created by the counterparts

Part 9

Reflection from your integrated mind, heart and body



Tune from your belly... paint the sensation.

What unfolds is Divine Duality.

Celebrate yourself! Celebrate your body!

Closing circle.

Exercise after the gathering: Page 65-78 in the book "UNFOLDING Awakening to Your Pure Potential".

Sunday Week 1, (Mother Week 1) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, deepening the Mother, the darkness nurturing the seed in the soil... keeping the loving space.

Holding all the planetary lives. The beauty. Breathing, activating our heart.

Part 2

Sharings from the participants

Part 3

Introducing Divine Duality, the triangle of this week

Part 4

Integrating DD with creative tools

Part 5

Breath and tune vocals.

Part 6

Break out into groups of sharings.

Part 7

Grounding out, the unmanifested world of potential. Closing circle.

30 minutes Video instructions, of practices during Week 1

Introduction to the Daily Practice Week 1 - 3.

The daily practice will give you energetic room, holding your loving presence for yourself.

Morning meditation and practice (10 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening practice and meditation (10 minutes + practice)

Sunday Week 2, (Father Week 1) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, deepening the Father, The laser . . . Trajectories in the now moment, your own free will and choice.

Take yourself seriously. Set boundaries. Make structures in your daily life.

The vertical breath.

Part 2

Sharings from the participants.

Part 3

Introducing the triangle of Divine Duality of this week

Part 4

Move to your inner sensation and sound it.

Part 5

Breath and tuning

Part 6

Break out into groups of sharings.

Part 7

Grounding out, The unmanifested world of potential. Your possible trajectories. Closing circle.

30 minutes Video instructions, of practices during Week 2

Morning meditation and practice (10 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening practice and meditation (10 minutes + practice)

Sunday Week 3, (Child Week 1) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, the triangle: the magic energy form for transformation.

The three angles recreate energy from its geometry.

A formula of interaction. As our three internal brains, the brain, heart, body, coexist, activating the liminal space. The space of transformation.

Breathing exercise activating our Merkabah.

Part 2

Sharings from the participants.

Part 3

Introducing the triangle of Divine Duality of this week

Part 4

Experience how we can choose our experiences in the liminal space.

Triangle 2

Part 5

Dance your inner sensation and sound it. Fluid write what wants to flow from your pen.

Part 6

Breath and Tuning

Part 7

Grounding out, The unmanifested world of potential. Your possible trajectories.

Digging up the beauty around you.

May you sense the love in the field of Divine Duality? Closing circle.

40 minutes Video instructions, of practices during Week 3

Morning meditation and practice (10 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening practice and meditation (10 minutes + practice)

Look back to your exercise: Page 65-78 in the book UNFOLDING Awakening to your Pure Potential.

How does it align to your Soul Blueprint? May you sense a red thread, showing Your Pure Potential unfolding?

Week 4

1st week of liminal space

Free from any program.

Schedule for Month 2

The first day of each month is scheduled for 4 hours, but ask you to take the whole day off from any other plans. You are invited to have the whole day unscheduled to make the content land, as in a Sadhana or Yoga Nidra or a pure beingness in nature.

Make it a habit to make space for each activity to land with a liminal space until next, is a very beneficial routine.

The three months are three steps towards your Divine Duality integrated:

Month 1: Your Divine being. Get to know your unique and universal powerful spirit, body and mind.

Month 2: Healing shadows, connections and self-esteem.

Month 3: Your creative genius. Shaping your beingness into alchemy. Your Medicine wheel for your next level of “work”. The ease and simple. Flow.

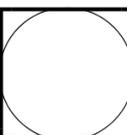
4 hour gathering Saturday, Day 1.

3 coming Sundays - 2 hours gathering and sharing + the topic and Divine Duality Triangles of the week.

3 pre-recorded mediations to be used each day in three weeks.

Two writing exercises

Structure Month 2

MONTH	WEEKLY		DAILY
	WEEK 5	MOTHER WEEK 2	Morning Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
		
	WEEK 6	FATHER WEEK 2	Afternoon Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES + 2 EXERCISES		
.....			
	WEEK 7	CHILD WEEK 2	Evening Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
.....			
		WEEK OF LIMINAL SPACE	

+ CHAT ROOM FOR PARTICPANTS

Saturday September 30; 4 hours gathering (to be recorded)

(From your sacred space created month 1)

Part 1

The structure: Going through the practices, meetings and sharings.

We call in the power from within, surrounded by our guides and connected spirits + the Earth elevated and pure grid, in a meditative state, together with high-frequency sounds.

Part 2

Breath exercise to open the heart.

Part 3

Sharings from participants about your here and now.

Part 4

Sound healing and meditation about the context of shadow (in other words):

From the book UNFOLDING - Awakening to Your Pure Potential:

The Path to the Divine Child
- The Shadow

Part 5

Tuning exercise

Part 6

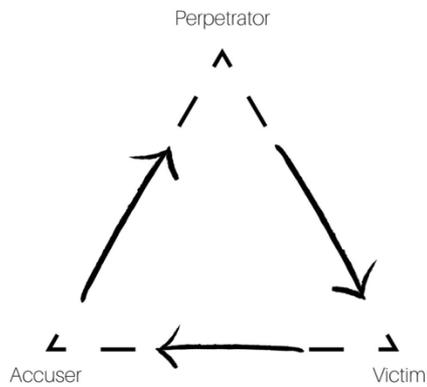
The Threshold in the Liminal Space

Part 7

Invitation to experience our first triangle of this month

Part 8

The Triangle of victim



Here we can see how the victim is interconnected with his/her

Part 9

Exercise

Part 10

Being "the other"

Part 11

The story of this magic potential of duality exists in all balanced liminal spaces: between inhalation and exhalation.

Part 12

Hawaiian exercise with tapping

Part 13

Meditation of Connectedness

Part 14

Experiencing practice from page 104:

Part 15

Sharings without words for three minutes. Just connect yourself with your heart, and be in the screen with each other, witnessing each other and yourself. Look into everybody's eyes.

Closing circle.

Sunday Week 4, (Mother Week 2) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, deepening the Mother, the darkness nurturing the seed in the soil... keeping the loving space...
experience Your Pure Potential.

The breath expanding your heart.

Part 2

Sharing.

Part 3

Healing meditation of the mother line.

Part 4

Dance or just move your body to express the sensation... take some notes and paint.

Part 5

Introducing Divine Duality of this week

Part 6

Grounding out, activating our sacred physical space.

Part 7

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid.

30 minutes Video instructions, of practices during Week 4

Introduction to the Daily Practice Week 4 - 6.

The daily practice will give you energetic room to hold your loving presence for yourself.

Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening meditation and practice (10 minutes + practice)

Sunday Week 5, (Father Week 2) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, The Merkabah breath.

Knowing your boundaries and your connections.

Part 2

Sharings

Part 3

Healing meditation of the father line.

Dance or just move your body to express the sensation... take some notes and paint.

Part 4

Introducing the Divine Duality of this week

Part 5

A meditation to land in our connectedness.

Just know, now that going into the depth automatically starts the collaboration between our left and right hemispheres of our brain and it takes our full concentration.

Part 6

Grounding out, The unmanifested world of connections.

Part 7

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid.

Closing circle.

30 minutes Video instructions, of practices during Week 5

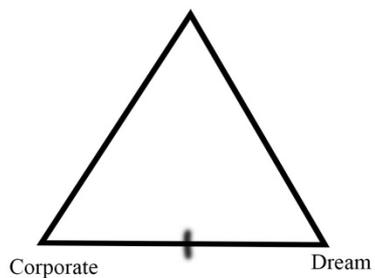
Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening meditation and practice (10 minutes + practice)

There will be 2 exercises this week:

Deep dive into the duality and Divine Duality of:



And

Page 108-124 in the book "UNFOLDING Awakening to Your Pure Potential".

Sunday Week 6, (Child Week 2) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, breathing exercise activating our Merkabah.

The Merkaba: the magic energy form of Yin/Yang. The total connectedness and our function from being able to separate our devices by our free choice.

Part 2

Sharings in the big group.

Part 3

Overview of your two exercises.

What do they tell you about you and your potential?

Part 4

Sharings between participants in break out rooms one-one.

Share each of your triangular and connect to the others field. Sense how it merges into yours.

Part 5

Introducing the Divine Duality and Merkabah of this week

Two interconnected triangles and their liminal space.

Part 6

The Power of Three

From the book page 236: In co-creation with two colleagues...

That is amazing, how we widen our field by each other. Just starting with landing in our hearts before we went into focused work.

When embedded in our hearts, a united field of trust, our different specializations and characteristics start to sync with each other, and the co-creation leads to becoming the Child. More excellent than we could ever have imagined.

Part 7

Meditation and grounding out: May you sense the love in the field of Divine Duality?

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid. Closing circle.

40 minutes Video instructions, of practices during Week 6

Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes)

Evening meditation and practice (10 minutes + practice)

2nd week of liminal space

Free from any program.

Schedule for Month 3

The first day of each month is scheduled for 4 hours, but ask you to take the whole day off from any other plans. You are invited to have the whole day unscheduled to make the content land, as in a Sadhana or Yoga Nidra or a pure beingness in nature.

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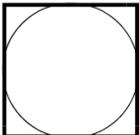
4 hour gathering Saturday, Day 1.

3 coming Sundays - 2 - 4 hours gathering and sharing + the topic and Divine Duality Triangles of the week.

3 pre-recorded mediations to be used each day in three weeks.

1 x writing exercise

Structure Month 3

MONTH	WEEKLY		DAILY
	WEEK 9	MOTHER WEEK 3	Morning Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
		
	WEEK 10	FATHER WEEK 3	Afternoon Meditation + PRACTICE
	2 HOUR GATHERING SUNDAY VIDEO + PRACTICES + EXERCISE		
.....			
	WEEK 11	CHILD WEEK 3	Evening Meditation + PRACTICE
	4 HOUR GATHERING SUNDAY VIDEO + PRACTICES		
.....			
		WEEK OF LIMINAL SPACE	

+ CHAT ROOM FOR PARTICPANTS

Saturday October 28; 4 hours gathering (to be recorded)

(From your sacred space created month 3)

Part 1

The structure: Going through the practices, meetings and sharings.

We call in the power from within, surrounded by our guides and connected spirits + the Earth elevated and pure grid, in a meditative state, together with high-frequency sounds.

Part 2

Breath exercise to open the heart.

Part 3

Sharings from participants about their here and now.

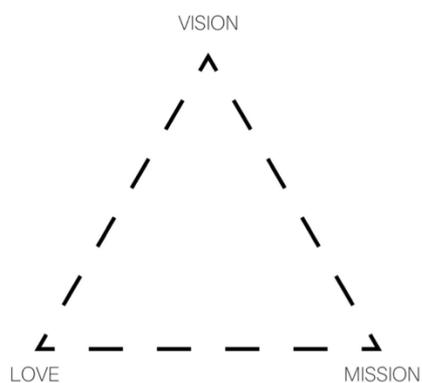
Part 4

Fully integrated in your Mother/Father energy.

Part 5

Find two counterparts that could electrify and magnetize the highest of potential for the task, and move it into Divine Duality.

Part 6

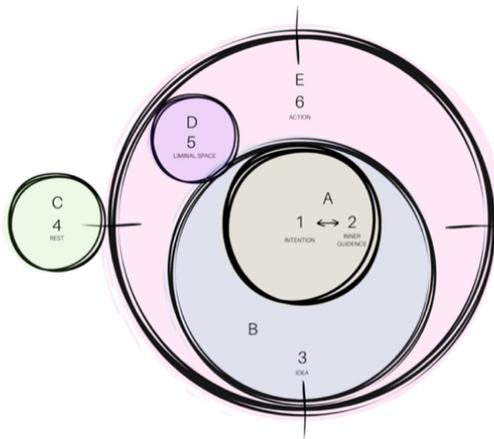


Let's get clarity on, and activate, your vision and mission.

Go with the Mother and then let the vision unfold. Make your body move, and lose your mind.

Part 7

A sketch of your Manifesting wheel



We can see here how every activity contains all the others, with the exception of 4 (C) where we just leave it all. A place of letting go, a place to step away from it all.

Part 8

Step 1-2 of the Manifesting wheel: Inner guidance and intention

Part 9

Step 3 of the Manifesting Wheel: Your vision

Part 10

Take a walk... lie down with your stomach on Mother nature... put together some flowers, and organize the beauty... whatever comes to you, that will engage your body and beauty, but not your logical mind.

Part 11

What appeared in your liminal space? Add what fits into your wheel.

Part 12

How does your dream activate your economic, social, mental, and emotional wealth?

Part 13

Make a brief action plan, and take your steps towards North.

Part 14

Grounding out, How will your daily life look like that helps you to activate your Manifesting wheel?

Take your time after our session to look around and see the beauty that you want to create for yourself.

Sharings without words for three minutes.

Just connect yourself with your heart, and be in the screen with each other, witnessing each other and yourself.

Look into everybody's eyes.

Part 15

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid.

Sunday Week 7, (Mother Week 3) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, deepening the Mother, the darkness nurturing the seed in the soil... keeping the loving space...
experience your Belonging.

The breath expanding your heart.

Part 2

The triangle of Divine Duality of this week

Part 3

A fear in Solar Plexus can be moved to the third eye, and dissolve or transform to ideas.

Using your voice to listen to your blocking. Listen to your voice.

Surrender to receive.

Let the Dreamstate play out a film. Follow it.

Part 4

Sharings.

Part 5

A sound healing.

Part 6

A time of silence with each other at the screen.

Part 7

Grounding out.

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid.

Closing circle.

30 minutes Video instructions, of practices during Week 7

This week is just to be. Letting potential unfold. You are invited to read “Dreamstate - Where You Bring forth Your Being”.

Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes + practice)

Evening meditation and practice (10 minutes + practice)

Sunday Week 8, (Father Week 3) 2 hours (to be recorded)

Part 1

Calling in the directions and guidance.

Grounding in, The Merkabah breath.

Knowing your boundaries and your connections.

Part 2

Where is the place to manifest your dream?

Part 3

Write down the mass, weight and volume of your service in your Manifesting Wheel.

Put corner stones of your foundation.

Part 4

The triangle of Divine Duality of this week

Part 5

Sharings.

Part 6

Put your intention in a Triple Vortex

Part 7

Grounding out.

How to put mass, weight and volume into our daily life.

We thank the power from within, our guides and connected spirits + the Earth elevated and pure grid. Closing circle.

30 minutes Video instructions, of practices during Week 8

Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes + practice)

Evening meditation and practice (10 minutes + practice)

Exercise for this week: Investigate your own way to structure/let go of structure

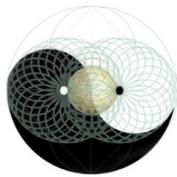
Sunday Week 9, (Child Week 3) 4 hours (to be recorded)

Part 1

Calling in the directions and guidance.

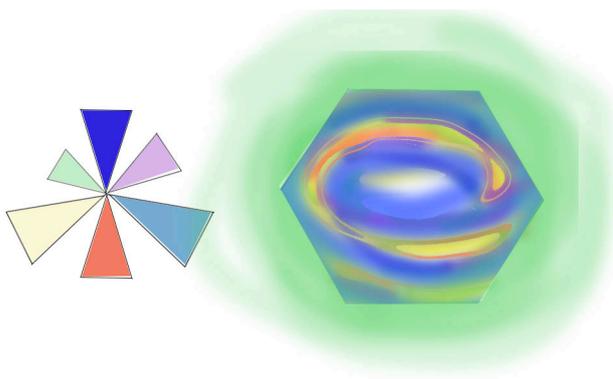
Grounding in.

Breath into Yin/Yang.



Duality in its pure form... Your free possibility to use the different fields of fire and other geometric forms.

Part 2



Remember the stillness in the centre of the typhoon. Nothing to do, your pure existence will unfold next trajectory. Our three brains fully open: The three full screen visions of: source consciousness, soul consciousness, and Earth consciousness.

Part 3

Sharings in break out groups of 4, about the gap that you want to switch into a liminal space, within you and in your service.

Part 4

Meditation: The manifestation process of Cosmos, Earth... our synchronized reality.

We are just vulnerable to getting into the negative spin of the inverted duality when we keep ourselves on the surface of life.

Part 5

The extraction of dualities, making our new playground; our creative field.

The first triangle of Divine Duality of this week

Part 6

First distinguish your higher self and your personality. Listen deeply to them both... then interconnect them in a speech with each other.

The second triangle of Divine Duality of this week

Part 7

Take back your painting of Zero, that you painted your first Saturday. Mediate to come back to the state you had when drawing it. Now start to paint Zero again, but now with crayons. When finished, paint the sensation of your Manifesting Wheel, with acrylic color.

Part 8

Long sharings and ending of the program.

Part 9

Closing ceremony.

30 minutes Video instructions, of practices during Week 8

Morning meditation and practice (15 minutes + practice)

Afternoon meditation and practice (15 minutes + practice)

Evening meditation and practice (10 minutes + practice)

3rd week of liminal space

Make it a week free from any program.

Do as little as possible... or go with the flow.