

*A WAKENING 101
TRAINING
PROGRAM*

Presented by: 5DFULLDISCLOSURE

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COURSE 1

WHAT IS THE ASCENSION?

The Ascension or Awakening is a remembering more than it is a learning or seeking. Our cosmic origin is embedded within our DNA and activates once the vessel is ready to handle the process of awakening.

Awakening begins differently for all souls, but many find that when they have reached rock bottom, a place of pain, suffering, depression, fear, or despair...the light turns on.

Or when our belief systems or "life as we know it" is suddenly shattered by a revelation, piece of information, a relationship, a calling. When this point of shift begins, it can never be stopped. Once you begin seeing through the veil of illusion you can never go back.

For many souls, this is why their awakening takes so long. Every soul on the planet (except those of the Dark who are considered aberrations) has a higher self that is navigating their human vessel/personality through their lifetime. The Higher Self cannot come through to the vessel if the vessel is traumatized, wounded, in the EGO mind, low vibrational, etc. For this reason, many souls never wake up because the shock to their consciousness through an awakening, would be too overwhelming for them to handle, physically, mentally and emotionally.

COURSE 1

WHAT IS THE ASCENSION?

Once the soul has passed a certain amount of life lessons, and it reaches the point of desperation within the human experience, this is when there is enough heart opening to allow the higher self to come through. The Higher Self orchestrates many tests, challenges, and choice points for the human self to experience, in order to prepare the vessel for the anchoring of the Higher Self.

Awakening is the process of undoing, remembering, and deprogramming. It is the return to child like wonder, unconditional love, freedom, truth, and reunion with Source. This process can be painful, but it is beautiful and incredibly profound. It is the only real thing in existence, the soul's journey home to Source.

This process will require physical healing, emotional healing, mental healing & spiritual healing. It also requires self-love, dedication, surrender, & trust. Many belief systems and attachments get purged in the alchemical fires of the ascension process and this is where we often see it as painful. However, this process is truly about ripping the band-aids off of the wounds that already have, by giving them the attention and healing. This is how we transcend pain and suffering.

COURSE 1

HOMEWORK

Read through the Ascension Roadmap Guide and become familiar with the basics of the awakening, and all of the resources that we have available for you to assist you on your journey.

Next, read through the Insights of the Awakening Guide. These are a list of very simple, but profound truths that form the basis of the spiritual awakening. Become familiar with these terms and concepts as they will become a core part of your journey and experience.

Begin your journey through this course by starting with the process of journaling. Be consistent with this as it will become one of your greatest tools. Document your thoughts, your feeling, your ideas, your experiences. This helps process the energy of all you will be sensing and feeling.

Lastly, focus on your breath. Spend at least a few minutes a day focusing on breathing in deep breaths through the nose, and exhaling slow through the mouth. Cut out all thoughts and focus only the feeling and process of the breath. While doing this we recommend visualizing breathing in love, and breathing out love, to help raise the vibration of your environment.

COURSE 2

THE STORY OF CREATION

Earth is the only planet still existing in 3D consciousness. This is the lowest vibrational planet in existence. Earth was a school for souls to incarnate into physical bodies in order to experience the illusion of separation and duality in order to obtain greater wisdom and experience.

The Dark Ones overtook Earth over 26,000 years ago after the fall of Atlantis and Lemuria. Lemuria was in 5D consciousness and Atlantis was in 3D vibrations. Both were inhabiting Earth at the same time. Mother of All Creation was Queen of Lemuria and many incarnated 144,000 remember their lifetime in Lemuria. Mother God was betrayed by her husband Horus gave the Atlanteans 5D technology which they cannot use while being in 3rd dimensional frequencies.

When the Atlanteans used the 5D technology it caused an explosion between the timelines. Mother God had to quickly make the choice to ascend (which is much different than ascension from the 3rd dimension), and stop the planet/humanity from going into a blackhole. This set back the planet fully back to the 3rd dimension. Many Lemurians died during the explosion, some escaped to Inner Earth, others were taken captive by the Atlanteans.

COURSE 2

THE STORY OF CREATION

With Mother God off the planet, the Annuaki came down and pretended to be Gods. They took the Dream Machine technology and implanted the first fearful thought into the collective consciousness: that we are separate from God. This created fearful thoughts into humanity where they forgot their God selves/Mother and Father God. After that, they created the EGO programmed mind as a way to keep humanity in states of fear and low consciousness so they could continue to inhabit Earth/have control, as they cannot exist in higher frequencies of love.

Earth began her ascension process and began moving back into the light. As humanity struggled to get out of the EGO mind, their souls came to Mother of All Creation, begging her to assist them. Mother and Father God agreed and began physically incarnating on Earth with the 144,000.

This programming is so deep that no one has been able to make it out of the illusion, until now. Mother and Father God, as well as the 144,000 original souls have been incarnating on Earth for thousands of years attempting to ascend the planet, but were killed every time before they were able to do so.

COURSE 2

THE STORY OF CREATION

This time, Mother did it. She made it out of the Matrix and has transformed all of the pain and suffering for humanity. She had a 1 in 7.8 billion chance of making it and she busted all of the odds. This moment has been prophesied many times, and now it is here.

Every soul that is incarnated on the planet at this time has agreed to participate in the ascension process. Earth is going back to 5D frequencies and it means everyone must do the same whether they are consciously aware of this truth at this time. Everybody has a unique role in this ascension as everyone has a unique role to play in all of Creation.

Earth was taken over by the Annuaki/working on experiments with the Atlanteans to control humanity more and manipulate the DNA. Once the Annuaki knew they could not win against the light and the inevitable ascension process, they surrendered back home into the light. Then, the Illuminati took over. They had a group of being who were their slaves, known as the Cabal. Once the Illuminati realized they also could not win against the light, they surrendered and went back to the light.

COURSE 2

THE STORY OF CREATION

The Illuminati begged the Cabal to also surrender, however, they refused. The Cabal came into full power in 1996 after the Illuminati surrendered. Since then the Cabal have been in control of the planet up until recently when they lost power to the White Hats/Mother and Father God/ The Galactic Federation of Light. The Ascension is inevitable all darkness has no power on the planet anymore as Mother God/ Mother Earth has fully completed her ascension process.

The Annuaki and Atlanteans split the the right brain and left brain, causing distortions, imbalance, and illusion. The Ego programmed mind was placed into the left brain, this was done so that the they could control Humanity. Through the disconnection that occurred, Humanity forgot who they were (right brain, God consciousness), so it then was then easy for the Annuaki and Atlanteans to enslave Humanity. With all the illusory belief systems, rules, and fear it was easy to manipulate the collective. Then they trained humanity to serve the darkness, to become their servants in the darkness because of illusionary fears that were never real.

COURSE 2

THE STORY OF CREATION

The Right Side of the Brain is the creative, multidimensional God Self because it's the Higher Connection to the etheric realm, Higher Thoughts and God Consciousness. It is your connection to 5D, Mother God, the Galactic's and your higher self. Higher Thoughts are unlimited, shared within the collective consciousness, and All Possibilities exist in 5D and beyond.

The left side of the Brain is the intellectual/logical aspect. The left side of the Brain, when out of sync with the right, connects into the primitive reptilian mind or to the illusion of outside attachments. All outside attachments are an illusion.

THE brain is returning to its Original Form. The right and left brain are being "Fused Together" to Create the Complete Awakening into Full Consciousness. This fusion that is taking place is an Unstoppable event, FOR ALL HUMAN BEINGS ON PLANET EARTH TO GET BACK TO FULLY GOD CONSCIOUSNESS. Our advice is to Allow, Embrace, and Let Go of all belief systems, all illusions, and Everything Humanity has ever been taught or told. Currently those that are resisting, are only hiding their Light behind fear.

COURSE 2

HOMEWORK

Feel into the information that has been shared. Feel into anything that it triggers, or anything that gave you body light ups or chills. Trust what resonates with you.

Try the following brain activation before you go to rest (use as many times as you'd like):

"Thank you Higher Self, Angels, Galactics & Source for all divine downloads, upgrades, & codes. I embrace, accept and allow all healing. I ask for all brain upgrades, DNA activations, & heart healing.

I command my right brain to overtake my left brain, and for my brain to merge back into oneness. I command my brain to activate its full usage & full consciousness.

Next, visualize your brain being lit up with rainbow, plasma light. Allow it to heal the brain, activate the pineal gland, and connect all neural pathways. Allow the rainbow light to clear out any and all brain density, toxins, heavy metals, and both physical/etheric implants.

COURSE 3

MISSION EARTH ACTIVATED

Once Planet Earth was knocked down in consciousness & the Atlantean experiments began, Mother and Father of Creation, along with the 144,000 and many other brave souls from around the cosmos, began incarnating. We knew the only way to ascend the planet was from the inside out.

All of you have lived many lifetimes before. If you feel that your soul is relatively new, you may have had less lifetimes than others, but nonetheless you are the most equipped to be here on the planet NOW.

Once the Dark Ones realized that all of the angels were incarnating here, they opened up portals to bring ALL lower entities and lower beings on the planet. This is why Earth is the final battle ground. What the Dark did not anticipate, was that once all lower entities and beings came into this realm, the portals were all closed. ALL of the dark is currently trapped here on Earth and cannot leave.

The process of this planetary ascension then is to raise our vibrations, dissolve the EGO, and thus raise the consciousness of the planet to a level the Dark can no longer exist at. This will dissolve them and they will be recycled by the Galactic Central Sun.

COURSE 3

MISSION EARTH ACTIVATED

This is the final lifetime and the chosen ascension point. It has been prophesied by many civilizations including the Mayans & Hopis. December 21st, 2012 marked the day that the Ascension truly began, as Earth entered the 5th dimension.

Since then, we have slowly been climbing up the ladder of ascension, battling through many attempts of the Dark to thwart this plan. We are currently flying through the photon belt at lightening speed, bringing more and more light onto the planet. In order to secure the liberation of Earth, the astral realm was dissolved in 2009 by Mother of Creation and the Galactics. The astral was the holding place for the lower entities who were occupying the 4D realm, manipulating energies from their realm.

We can now see the 4D as a void space, it is essentially a place of time and space that exists between 3D and 5D, which is where we are currently residing as a collective. The 3D realm is collapsing and we are in the void of the unknown, as we go through the first ever physical planetary ascension.

COURSE 3

HOMEWORK

Do this exercise when you are in a centered place. Cut chords with all lower thoughts, all fears, and all external events. Sit in a meditative position, whatever you are comfortable with, with a journal.

Take three deep breaths, in through the nose and out through the mouth. Ask your Higher Self to share any information with you including any guidance, information, or images.

Sit with yourself and don't try and force anything. Just allow things to flow through. Most importantly, do NOT doubt anything that is coming through.

Start writing down anything that is coming to you. Keep writing until you feel like you have gotten through all that is coming to you. If you are struggling to receive anything, then practice just sitting still, breathing, and feeling your body. This will help increase your ability to feel and strengthen your feeling centers. Document how you feel and any sensations you notice.

Ask your angels to give you 3 confirms on any piece of information or guidance you would like.

COURSE 4

AGE OF AQUARIUS CODES

The Golden Age of Aquarius (5D), which the planet entered in 2012, is vastly different from the Kali Yuga or Dark Age of Pisces we have been in for 27,000 years. During the Age of Pisces, it was all about creating illusions, magic tricks essentially, to trick humanity into Darkness.

With this, we saw the lower energies of Pisces unfold: illusion, fantasy, hierarchies, victim consciousness, addictions, etc. The Age of Aquarius is a much different energy.

The Age of Aquarius is all about freedom of information. No longer can secrets and lies be hidden in the dark. No longer can the truths be kept from humanity. Aquarius is also about community, gathering with others for a higher purpose. In Pisces, we were so focused on survival we could not truly give or help others. We fell into deep self-importance.

In order to be a match to 5D, we must accept the Aquarian Codes of community, unity consciousness, service to the greater good, and acceptance and tolerance of all. Only lovers and givers will inherit planet Earth, all those who are stuck in low frequencies, takers, will be removed.

COURSE 4

AGE OF AQUARIUS CODES

This is the age of awakening. The truth will set us all free.

The first step in embracing the Aquarian codes are to be open to all new information. The way we have functioned on this planet is to reject information that threatens a belief system that we have. We then only seek information that reinforces our belief system. This keeps us trapped in illusion.

Forget everything you think you know. Empty out all belief systems. This is when cosmic knowledge may come to you. This is when the Higher Self can connect with you. Actively observe yourself and how belief systems control your thoughts, actions, and behaviors.

Be conscious of where you hold judgments of yourself and others. Judgment was the age of Pisces, the false belief that God was judgmental and served punishment and wrath. The truth is that God is not capable of such energy, only humanity is. Our judgments are based on belief systems of right and wrong, good and bad, which must all be dissolved. All is simply experience.

Once you have begun dissolving these, more and more intuitive guidance will be able to be accessed.

COURSE 4

HOMEWORK

Take a piece of paper and write down all beliefs systems that you currently have. This will include anything that you categorize as "good", "bad", "right" or "wrong". If you cannot feel into what the belief systems are, here are some examples:

- the belief that one needs to be "pure" or "good" in order be a part of God
- the belief that one must work "hard" in order to succeed in life
 - the belief that certain foods are "bad" for you
 - things like alcohol or tobacco are "bad" for you
- the belief that things must make logical sense in order to be true
- the belief that certain things should be done at certain times
 - the belief that people "never" change
- the belief that one will get sick and die as you get older
- the belief that anything outside of yourself can bring you joy or sadness

Take time to feel into each of belief systems and where they come from. Most likely, they will have come from your parents or family. Cut chords with these belief systems and see how you feel.

COURSE 5

EVERYTHING IS ENERGY

Everything in existence is energy. Every single atom of consciousness carries a vibrational frequency. In this 3D realm we are limited to our 5 senses of touch, taste, smell, sight, and sound. This is less than 1% of ALL energy in existence. When we operate ONLY based on what we can sense with our 5 senses, we cut out 99% of the energy that is communicating with us.

Every action we take, every word we speak, every single thing we have manifested in our Earthly experiences was a product of OUR energy. This is what many in the mind fail to comprehend. The mind can only interpret information it understands (the five senses), it cannot understand anything outside of that.

For instance, if you keep attracting similar experiences into your life such as dysfunctional relationship, lack of abundance, lack of support, etc., this is a mirror reflection of the energy you are carrying. Once one understands this, it shifts our perspective.

All energy MUST be expressed either consciously or unconsciously. Most of what we perceive and understand is based on the conscious energy we are expressing.

COURSE 5

EVERYTHING IS ENERGY

We fail to sense and see our UNCONSCIOUS energy, which is what we call the shadow side/programming/EGO. For example, if you are having a conversation with someone and the other person has a reaction to something that you are saying, you may think "that's not what I said" or "that's not what I meant". Two things are happening here:

- 1) You are giving off an unconscious energy that goes deeper than the surface level words you are speaking, this is what they are reacting to or misunderstanding.
- 2) The other person carries the same frequency which is why it is triggering it within them, causing a reaction.

Most of our misunderstandings between humans are because we are unaware of our unconscious energy we are putting out, and because our words and actions often do match our frequency. This causes us to be out of integrity, fake, inconsistent, and unaccountable.

Once you begin to notice the energetic patterns within your life, you can start to reflect on where the unconscious energy is within you. This will stem from stored trauma/wounding, EGO programming, denial, or lack of accountability.

COURSE 5

EVERYTHING IS ENERGY

When we start looking at everything as energy, rather than the surface level story, we stop taking things personally. Everything that occurs in our external world is a mirror of us, but also is not personal to us. It's simply energy expressing itself. When we are in the mind, we cannot see ourselves; that is the game of the illusion. Thus, we unconsciously create a reality that attempts to show us what is within us, by mirroring it back.

Most beings do not take accountability for this and immediately want to blame, point fingers, and project onto others for why their reality is not as they wish it to be. We do this with relationships, jobs, government, media, etc. We BLAME and we play victim.

This journey is entirely internal. All transformation first must occur internally before it occurs externally. This is why the initial stages of awakening can be quite painful. We must face all that has been stuffed down, bypassed, and neglected within us. We must take accountability for the reality we have created.

Although painful, this is what allows us to heal. This is what allows us to find our true selves and to empower ourselves as Co-Creators with Source to change our reality.

COURSE 5

HOMEWORK

Reflect on the energetic patterns in your life thus far. Feel into any repeating patterns that have come up for you many times. The tests and challenges always give us a clue as to where we are being called to evolve. When we do not pass the tests, the tests will repeat, often in different ways but with the same energy.

The easiest way to identify a repeating pattern is to feel into where you often think: "I always _____" or "I never _____".

Examples:

"I always end up being hurt"

"I never have any support"

Reflect on what energies within you are creating these patterns. These will typically be tied to your belief systems or wounding. When we have experienced trauma or wounding in our lives, and that goes unhealed, we create experiences over and over to trigger that wounding.

Write a ceremony and ask to become aware of all unconscious energy within you. Ask to begin healing any unconscious wounding with you. Feel into what areas need to be worked on within yourself.

COURSE 6

EGO PROGRAMMED MIND

As previously mentioned, the EGO programmed mind was implanted by the Atlanteans & Annunaki into the collective consciousness. The root of the EGO is fear, which is the opposite of love. The EGO was designed similar to a computer virus, and once implanted into the collective consciousness, it could root itself so deep into the psyche that it would begin to pass through DNA.

The Annunaki did this because of their great fear of humanity waking up, which would raise the consciousness to a vibration they could no longer exist in, and they did not want to let go of their control of Earth. The Cabal minions were then placed in high levels of the elite including Royal Families, politicians, bankers, etc.

The EGO ensured that humanity would keep themselves enslaved, through fear. The root of all dysfunction on the planet is based in EGO frequencies. For example:

- War: fear, power over, competition
- Poverty: lack consciousness, fight or flight
- Abuse: trauma, wounding, guilt, anger
- Death: fear
- Pain & Suffering: fear, attachment, belief systems

COURSE 6

EGO PROGRAMMED MIND

The EGO programmed mind functions based on hiding itself. The EGO actually fears fear itself. EGO first developed as the "survival instinct". During our primitive history, we lived in a constant state of survival instinct, learning how to create fire, how to hunt for food, how to build shelter etc.

As we evolved, the EGO became more sophisticated, creating deeper levels of pain and suffering. This resulted in warfare, domination, hierarchy, and slavery. We became not only afraid of the outside world, but of other humans.

We then developed massive amounts of diseases and illnesses as a product of the fear living in our DNA. We saw poverty, homelessness, and starvation. Societies continued to evolve and create new ways to enslave themselves.

We created "nations", with borders, government, rules, systems, control. Societies and cultures began passing on deep rooted belief systems that kept everyone in separation.

Our current society faces the illnesses of poisons, toxins, addiction, distraction, fear, self-importance, and addiction to information and mental processes.

COURSE 6

EGO PROGRAMMED MIND

Belief systems keep us limited in our ability to accept new information. When information challenges our belief systems, we then challenge the information. The EGO is a defense mechanism built into the brain to deny anything that disrupts what it knows. Therefore, the EGO can ONLY think based on the past, or to worry about the future.

The EGO cannot be in the present moment of now because that is the unknown. LOVE is the only answer to dissolving the EGO. This is how we dissolve the belief systems, lower thoughts, reactions, judgments, defenses, etc.

This process takes time, as part of the dissolving of the EGO is healing our trauma and wounding. Trauma and wounding is the main way that we are kept in fear frequencies. All beings hold trauma and wounding both from this life and previous lives.

This process is organic and cannot be rushed. The key is to not take anything personally, to know that you are a Royal Angel, and to trust in your connection to Source. The heart is the portal to New Earth, and where we will find our true selves.

COURSE

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COURSE 6

HOMEWORK

Read through the Ascension Guide and look through the complete list of EGO frequencies and feel into how each of these frequencies are shown in the collective, and within you. Feel into the ones you know are your biggest EGO frequencies.

Next, do an EGO death ceremony. Use the EGO death ceremony guide for reference. Write down all of the frequencies you know you still have, you can always do all of them if you feel guided. Burn the ceremony, and do this as often as needed. These ceremonies are powerful and help speed up the transformation process.

Next, read through the divine traits and feel into each one. Identify the ones you feel you have not fully anchored in yet, or struggle to anchor in, and write them down. Next, grab a piece of paper and write down all of the traits you would like to anchor in more of, and preface them with the phrase "I AM".

For example, if discipline or integrity were on your list, you would write:

"I AM disciplined"

"I AM integrity"

Use this list to do mirror affirmations 1-2x per day.

COURSE 7

TRANSFORMATION TOOLS

As we go through the process of EGO dissolution and healing, we can always rely on our transformation tools & spiritual disciplines. These keep us consistent, grounded, centered, and in surrender.

There are many ascension tools that we can use to help us ground and center our energies as well as spiritual disciplines that assist us with transformation. Examples:

- Grounding (placing feet on the Earth for at least 2-5 minutes per day).
- Meditation (this can be done in traditional style, or meditation can be any task in which you are in the present moment of now)
 - Cold Showers
 - Automatic Writing
 - Cutting Chords
 - Sun Gazing
 - Shielding
- Using the Rainbow, Violet, Emerald, Golden flame for healing and transmuting
 - Ceremonies
 - Prayer
 - Mirror Affirmations

COURSE 7

TRANSFORMATION TOOLS

The key is to discover what works best for you. Try different tools and techniques and feel free to create your own. You also may switch between different tools and disciplines depending on what your needs are.

The KEY is consistency. The EGO cannot and will not be consistent. The tools and disciplines need consistency in order to have the greatest effect. Many may use their tools on the days where they are struggling, but on the days they feel good, will not do them.

The more consistent you are, the more stable your energy will become so that you will be able to ride the waves of energy without crashing. Do at least ONE discipline or use at least one tool, EVERYDAY. Then feel free to add in and switch up other tools and disciplines based on your guidance.

We suggest the mirror affirmations, daily movement, and automatic writing as one of your daily disciplines and adding in additional ones as you go. These are the most powerful tools to moving energy and anchoring in the higher self.

COURSE 7

HOMEWORK

Practice using some of the tools & disciplines throughout your day and see how they make you feel. Experiment with different ones and variations to find what works for you.

Recommendations:

For assistance with grounding your energy:

- Movement
- Grounding
- Deep Breathing

For assistance when you are spinning in the energy:

- Cut Chords
- Cold Showers
- Ceremonies

For assistance with opening up your connection:

- Automatic Writing
- Sun Gazing
- Prayer

For assistance with anchoring in the Higher Self:

- Mirror Affirmations
- Using the Rainbow Flame
- Meditation

COURSE 8

BALANCED HARMONICS

Now that you are becoming familiar with the EGO frequencies as well as the Divine Traits, we are ready to focus on balanced harmonics. Balanced harmonics is the balance of our internal feminine and masculine.

Many dysfunctions have developed within the collective and in masculine/feminine relationships due to internal imbalances. The correct balanced harmonics is:

- Feminine: 51% Feminine/49% Masculine
- Masculine: 51% Masculine/49% feminine

When we are imbalanced energetically, this causes us to energetically seek out others who are on the opposite end of the spectrum in order to balance ourselves out. This happens most frequency in relationships, but can also occur in friendships, partnerships, and connections.

For instance, if one is heavily imbalanced in their masculine energy, they have an over abundance of aggression, logical thinking, and control. One in this state would lack the feminine balance of feeling, compassion, receptivity and openness. The same would occur in a vice versa situation.

COURSE 8

BALANCED HARMONICS

As a collective, we can see how this has plagued the collective. The feminine have become hyper feminine and the masculine have become hyper masculine. The feminine became disempowered, overly emotional, seeking validation, and lacking in boundaries. Masculine became controlling, powering over, aggressive and numb.

Similarly, this can happen when a feminine becomes overly masculine or a masculine becomes overly feminine. This is what creates the energetic imbalance which causes a feminine to seek out another feminine or a masculine to seek out another masculine. Every person we are "attracted" to, is based on an external seeking of balancing our own energetics.

In order to anchor in balanced harmonics, we must do the inner work. This takes honesty and transparency within ourselves. We must actively work on anchoring in the divine traits of the energies we are lacking in, and transforming the lower energetics we are holding.

This is the key to anchoring in Heaven on Earth, as 5D only resonates with balance and purity, it will not anchor in amidst dysfunction and imbalance.

COURSE 8

HOMEWORK

Read through the Divine Traits once again, and reflect on the Divine Traits you had written down that you felt you were lacking in. Notice if you were lacking more in Divine Masculine Traits or Divine Feminine Traits.

For example:

- Divine Masculine Traits will include yang energy: passion, discipline, integrity, honor, tenacity, empowerment, truth, perseverance, courage, bravery, etc.
- Divine Feminine Traits will include yin energy: receptivity, compassion, full feeling, intuition, joy, tolerance, openness, surrender, etc.

If you are lacking in divine masculine traits, your job is to work on your empowerment. Speaking your truth, drawing boundaries, taking action, and being disciplined will assist you in anchoring this in.

If you are lacking in divine feminine traits, your job is to feel more. This often takes time as we were programmed not to feel but to think. Practice letting go, trusting in the Universe rather than trying to control, express yourself vulnerably, and hold compassion for others rather than judgment.

COURSE 9

ANGELS & GUIDES

Every being on the planet (besides aberrations), holds a soul that is connected to Source. We are all angels having a human experience. Each being is assigned a team of angels & guides to assist them on their journey. Most often, we have a team of angels and guides during our life, and once we awaken and begin rising to greater levels of mastery, a new team of angels & guides is assigned to us.

Many of our guides are family members and ancestors who have passed over, as they are part of our DNA lineage and are part of the same soul pod. Our angels are specifically assigned to us based on a match to our energetics.

The number of angels & guides varies from person to person, and the number may change throughout the journey. Our angelic team is here to guide us, encourage us, and to provide us with information relevant to our journey.

- Forming a connection with your angels and guides is essential for your journey. One can always connect directly to Source, as well as their Higher Self, but our team of angels and guides have been specifically tasked with assisting us. They are always awaiting to be asked for help.

COURSE 9

ANGELS & GUIDES

The angels communicate in various ways and each being will receive guidance in a different way. The angels often communicate through synchronistic numbers or words, and they also give direct communication when asked. Opening up the connection to your angels requires trust. When we doubt or we choose not to listen to our intuition, we shut down the connection.

Automatic writing is the best tool to connecting with your higher self and your angels. Writing down anything and everything that comes to you is an important part of the awakening process. Document everything! This helps release energy and is helpful for us to look back and track our progress or notice energetic patterns.

Other tools such as tarot cards and oracle cards can also assist with receiving angelic messages. When you are seeking clarity, or you would like a confirmation on something you are feeling, ask the angels for 3 confirmations. This is when you know it is the correct action/feeling.

Example: If I feel to take an action but am unsure, I may ask the angels for 3 confirms. If i see an angel number 3x I will accept that as confirmation.

COURSE 9

ANGELS & GUIDES

Angel numbers are synchronistic numbers that hold meaning for us. The angels use these as a way of communicating if we are unable to receive their guidance directly due to stress, fear, spinning, lack of feeling etc. The following are examples of angel numbers that can appear as double, triple, or quadruple numbers.

Angel number 111 is a direct message from your angels to pay closer attention to your present self and your surroundings.

What do you see, does it support you?

Is it helping you or hurting you?

What are your intentions?

All of this comes into play with 111, take full account for all you have, change course if required.

It also serves as a reheartener to always pay close attention to your actions as they are a direct result of your intentions.

Angel number 222 tells us to go within. It may be time to slow down, to surrender, to take each breath as they come and go easy on yourself.

Some inner work may be required as dis function is the lower aspect to the energies of 2, a strive for balance will help you to better achieve success.

COURSE 9

ANGELS & GUIDES

Angel number 333 is a message from Mother God, to loosen your grip on reality, play, have more fun, laugh, life is a gift, so bring more joy into your experience and express your inner voice.

Some hands on work is required to evolve.

So get out of the house and get those creative skittles to work and don't forget to taste the rainbow while you're at it.

Angel number 444 marks a corner stone to you journey of unprecedented direction for growth in your evolutionary awakening.

Production is required, to move forward from here.

Let go of everything you think you know and allow the forces of nature to guide you.

Angel 555 suggests foundations are set for course.

Be steady and conscious with every step, to make better improvements towards the next.

Manifestations are coming your way, so be keen in your awareness, as to what you are allowing into your reality and make sure your boundaries are well firm and set, and don't forget to have fun doing whatever you engage in yourself in today.

COURSE 9

ANGELS & GUIDES

Angel number 666 represents unity.

Love connections are being granted and is strongly urging you to step into unity. Enable more self love, to connect with source (mom) and spread her grace into your community and families.

Have compassion with yourself during this process and do not enable drama, be firm in your values and of service to love.

Angel 777 is a definitive message, that your angels are listening to your prayers and they are being fulfilled. 777 is considered to be a very lucky number, and casinos agree.

But luck is simply not the case, in reality the universe is saying “yes”, this is yours, and ushering you forward with passion, should you choose to act. Trust your intuition and continue listening to your guidance.

Angel 888 represents a completion of your karmic cycle, where two polar opposite paths meet and intercept, to mirror the other for self transformation.

Feel into this moment and breathe deeply into the experience, embrace whatever comes up.

This is also a potent number that represents manifestation and abundance.

COURSE 9

ANGELS & GUIDES

Angel number 999 is a cosmic number indeed, it says, that God heard you, she is opening her arms up to you, as the universe, you are within.

999 represents a soul level up of sorts, a peak in your evolution of consciousness. The 9 represents closure, soul completion, and a new phase beginning.

Many codes are suggesting your arrival, this is a good time for you to find and study all of your notes, connect the dots and perhaps do more research if required.

Let go and move forward with whatever information source has gifted you, and put it into action, with perseverance and clear determination. Progress is imminent.

COURSE 9

HOMEWORK

Sit down with a pen and paper and connect with your guides. You can use card decks or any other tool that assists you with getting information. We DO NOT recommend tools such as pendulums, as they carry a lower vibration of manipulation.

Ask the angels anything you'd like! See what answer you get back. Feel their presence, ask them for a sign or message and be observant of how they are communicating with you.

Notice any synchronistic numbers that are appearing for you. You may reference our explanations as well as many others, but only take what resonates with you. Your angels may also send your unique angel codes, such as if you always see a unique number like 625, this is how you know your angels are directly sending YOU a message. They enjoy codes!

• Feel into any question or something that you have been lacking in clarity on, or would like confirmation of. State it out loud to your angels and ask them for 3 confirmations for what you are feeling or pinged on. Document your experience and synchronicities over the next few days.

COURSE 10

HEALING KARMIC DNA

As you begin to dissolve your EGO, anchor in your higher self, and develop your intuition, your wounds will be coming up for healing. This can feel painful but is a necessary part of the process. The truth is that TRIGGERS ARE TREASURE.

When you are triggered, you become aware where you are still holding onto pain/suffering and EGO. Use your tools and techniques to face these wounds and allow them to heal.

As you heal yourself, and your own wounding, you begin healing your Karmic DNA.

Scientists will often say that 90% of our DNA is "junk DNA". This is because the 90% is God Consciousness DNA which cannot be understood by someone in the MIND, who is not at the level of consciousness to comprehend it. The 10% of the DNA in which they can study, is the programming. Get it? We can only comprehend things that are of the same consciousness level.

The 10% of our DNA that is able to be studied and understood, is our karmic DNA. These are the survival mechanisms, EGO programmings, and generational woundings that are passed from generation to generation. The karmic DNA creates karmic loops, pain/illness/disease, and suffering.

COURSE 10

HEALING KARMIC DNA

This is why science claims that many diseases or dysfunctions are "genetic". There is no such thing as genetics, there is only frequency. When a being holds trauma, fear, pain and suffering, and it is untransformed, this will transfer to the baby upon birth. Hence why many children end up suffering from the same "genetic" illnesses as their parents.

Once you begin healing yourself, you assist everyone you are energetically connected to, including family, friends, partners, and children. The key to complete healing of your karmic DNA is to end the karmic loops. This means:

- Taking accountability for YOUR dysfunction
- Choosing to evolve and heal
- Dissolving all blame, judgment, projection and externalization
- Forgiving everyone and everything that has ever caused you pain or wounding
- Acceptance of yourself and all experiences that you have chosen to have in this lifetime, and others
- Leading by example

Once our Karmic DNA begins to heal, it allows our God Consciousness DNA to activate.

COURSE 10

HOMEWORK

Make a list of every moment in your life where you felt hurt, wounded, or traumatized. It is not necessary to re-live the experience, only to look at it from a place of non-attachment. Write down what you felt in the moment of that experience, and write down how you feel about it now.

Next, also write down a list of any moment in your life where you hurt or wounded someone else, even unintentionally. Write down how you feel about that experience then and now.

This may bring up a lot of stored guilt, anger, resentment, shame, judgment, or grief. Allow all of these emotions to come up if necessary. There is no reason to hold onto these emotions, as they are all just part of the healing.

Next, write a forgiveness ceremony for all of these events and people, including yourself, and burn it! Feel how freeing this feels for you. You may do this ceremony as many times as you need to, and this process may come up many times.

As you learn to forgive all of the people in your life, you also may be called to draw boundaries. Just because we forgive and unconditionally love others, does not mean that we allow their dysfunction. Use discernment with this.