



Course: Creating a Sacred Existence

Teachings/Sacred Spaces: Total of 6 – 1 per week (90 minutes each)

Throughout the entire curriculum we will be guiding you on how to create a sacred existence in your life daily. This sacred existence is what will empower you to create miracles in your life. You will receive frequency downloads, activations and healings throughout the entire course!

Week 1: The Sacred You and the Journey of Your Soul

Teachings:

- Metaphysics & Religion vs Spirituality
- The Soul's Journey through Creation, Birth & Death
- You are Never Alone (Guides, Healing Teams, Masters, Council)
- Owning Your Divinity Through Soul Agreements & Your 4 Light Bodies/Vehicles

Week 2: Vibration, Frequency, and the Traversing of Your Life

Teachings

- Frequency & Vibration
- The Invisible Worlds & The Laws of the Universe (including Karma & Reincarnation)
- Senses, Channels, Auric Layers & the Chakra System
- The Human Genome and Energetic Genetics

Week 3: The Sacred Principles of Healing with Energy

Teachings:

- De-mystifying Energetic Healing
- Mother Earth's Role in Our Evolution (Plants, Herbs, Flowers & Animal Medicine) & The Power of Crystals
- Light VS. Dark Energy & Introduction to the Power of Discernment
- Introduction to Sacred Dyading & the Magic of Holding Space

Week 4: Discernment and Understanding What's happening in Your Life Right Now

Teachings:

- The Power of Intentions & How Reality is Witnessed
- Language, Imagination, Paradigms, Programs and Belief Systems
- Meditation, Contemplation, Breath – Tools for Transformation
- Recognizing, Releasing and Alchemizing low frequencies (and deleting programs and belief system)

Week 5: Remembering Your Soul Purpose and Owning Your Divinity

Teachings:

- You are ONE with all the Universe and all the information that lies within and without
- Tapping Into the Akashic Realm
- The Role of Past & Future Lives in Your Current Life
- Your Soul's Design and Purpose

Week 6: Creating a Miracle – Putting it all Together (Practical Applications for Real Life)

Teachings

- Recognizing and Acknowledging Your Current Miracles
- Clearing Unworthiness and Other Debilitating Programs & Beliefs
- Altering Your DNA to Transform Your Reality
- Daily Practices for Optimum Results