



Embodying Fluidity Tele-Class

Module One (of Three)

I will be offering a tele-class program for 2009 that will support all of us in shifting from the fixed forms of the old cycle (polarity) into the more fluid forms of unity consciousness, and living from the heart.

Each time we make a choice, consciously or unconsciously, to see and experience life in a certain way, we encode or 'fix' our field a little more. We define and identify, we box and label a vibratory pattern as 'truth' when truth itself is constantly flowing and we are meant to flow with it.

When we choose to shift consciousness, to grow and change, we must let go of the 'old encoding', make more fluid choices and allow new structures to be birthed that will carry us into a more expanded state of awareness.

The Embodiment of Flow is a process that can be integrated and embodied to create a stable container for alchemical transformation for yourself and others. Using this process you can facilitate radical shifts in creative experience and expression from conscious choice, aligned with your soul signature and with Source.

Modules consist of (3) three - 1 hour and thirty minute tele-gatherings, each covering an aspect of the Embodiment of Flow process, beginning with a brief guided meditation for 'holding the container' for radical shifting, as the centering and grounding point for each session. Each class will end with a brief clearing meditation as well, to facilitate energetic release.

Class One - Friday January 9th @ 1pm PST

How to create a safe container and invoke new information from Source.

Please have writing materials on hand, for each class.

Prior to first class, spend a few minutes journaling or inviting in new information on an issue you would like to work with in this class – (hint: simply relax into stream consciousness and see what comes through). Often the most enlightening information comes when we do not direct our minds.

Class Format:

- Opening guided meditation for holding the container
- Overview of how vibratory states operate
- Working with inviting in the new, to shift deeply held positions
- Working with the vibratory patterns present
- Summary
- Q&A
- Closing clearing

Class Two - Friday January 16th @ 1pm PST

How to put the puzzle together to facilitate deep release.

Class Format:

- Opening guided meditation
- Overview of vibrational alignment and how to shift into flow
- How to pull the puzzle into vibrational integration
- Pattern recognition at the vibratory level
- Summary
- Q&A
- Closing clearing

(Note to Lightworkers: this is where you plug in what you know as well, so please ask!)

Class Three - Friday January 23rd @ 1pm PST

How to perceive & release the vibrational architecture into Fluid Awareness

Class Format:

- Opening guided meditation for holding the container of transformation
- Quick Q&A on working with the material
- How to 'plug in' your tools
- How to release at the core level & what to expect

- Summary
- Q&A
- Closing clearing

** Notes from each class will be distributed via email to all participants.



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