



## **Embodying Fluidity Tele-Class 2009**

2009 is a 'portal' period, a time for creating conscious choice points in each and every moment. The Embodying Fluidity program presents a method for optimizing the present moment and embodying conscious flow. The program is a flow in and of itself, as one module builds on the one before it. Module One is the foundation class and is prerequisite to those that follow.

Delphic Wave 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 expanded states of awareness.

The Embodiment of Fluidity 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.

### **~ Module Three of Three in the 'Embodiment' series~**

Integrating Knowing into Flowing (March 2009)

~ How to integrate your Soul Signature

- How to rest in your gifts, talents and abilities
- Integrating what moves through you (using your tools in an integrated way)
- How to transform from within (releasing a spherical reality as a whole)

This series of (3) three - 1 hour and thirty minute tele-classes, each covering an aspect of a new process for the embodiment of flow, begins with a brief guided meditation for 'holding the container' for conscious shifting, and ends with a brief clearing meditation as well, to facilitate release into a new configuration.

Please have writing materials on hand, for each class.

## **Class One - @date @ time**

### **How to rest in your talents, gifts and abilities**

What happens when your soul signature is not in alignment with what or who you believe yourself to be? How does your body react? Your emotional body? How can you release resistance and choose to align fully in your authentic self? How can you come to rest in who you are and what moves through you?

Class Format:

- Opening guided meditation for holding the container
- Overview of how to hold alignment with the authentic self
- Working with resistance to release dissonant vibrations
- Remembering who you are...
- Summary
- Q & A
- Closing clearing

## **Class Two - @date @ time**

### **Integrating what moves through you (using your tools in an integrated way)**

Class Format:

- Opening guided meditation
- How to optimize your alignment into openness
- Yin meditation practice for allowing Source within
- Offering oneself as a conduit - closing the circle
- Summary
- Q & A
- Closing clearing

## **Class Three - @date @time**

### **How to transform from within (releasing a spherical reality as a whole)**

- Opening guided meditation for holding the container
- Quick Q & A on working with the material thus far
- How to magnetize and create from your sphere of essence
- How to live & release multi-dimensionally & what to expect
- Summary
- Q & A
- Closing clearing

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



*copyright Mary MacNab*