



Divine Harmony Cycle Code

H5 – Release Planet

Key Notes

- Energy of all 4 elements - 4 directions
 - North – Earth element - physical/finance, health
 - South – Fire element - career/purpose/action
 - East – Air element - Mental/thoughts
 - West – Water element - emotional, mental
- Light comes only in facing darkness after integration of the shadow

Homework

Call on the energy of the elements, angels, higher beings to help. Have your notebook ready for journalling.

Close your eyes and imagine going down a spiralling staircase, wearing 7 layered dress (from inner most red, orange, gold, green, blue, indigo, violet outermost)

1st Gate is your crown chakra

The guard asks you 3 questions

1. How do you find yourself separate from the divine?
2. How do you find yourself separate from your higher self?
3. How do find yourself separate from the universe?

Once you have answered the questions, handover the violet layer of your dress and as the guard opens the gate you go down the next spiralling staircase

2nd Gate - Third eye

The guard asks you 3 questions

1. How do you live in fear of the future and stay stuck in the past?
2. How do you limit your vision for all that is possible for you?
3. Dismiss your intuition?

Once you have answered the questions, handover the indigo layer of your dress and as the guard opens the gate you go down the next spiralling staircase.



3rd Gate - Throat chakra

The guard asks you 3 questions

1. How do you suppress your authentic feelings and self
2. How do you misuse your words to hurt yourself and others?
3. How do you repress your creative expression?

Once you have answered the questions, handover the blue layer of your dress and as the guard opens the gate you go down the next spiralling staircase.

4th Gate - Heart Chakra

The guard asks you 3 questions

1. How do you withhold love and compassion for yourself and others?
2. How do you prevent yourself from giving and receiving in balance?
3. How do you keep your wounds open and bleeding?

Once you have answered the questions, handover the green layer of your dress and as the guard opens the gate you go down the next spiralling staircase.

5th Gate - Solar Plexus

The guard asks you 3 questions

1. How do you give your power away?
2. How do you hold yourself back from cocreating what you truly desire?
3. How do you play small and dim your light?

Once you have answered the questions, handover the golden layer of your dress and as the guard opens the gate you go down the next spiralling staircase.

6th Gate - Sacral chakra

The guard asks you 3 questions

- How do you deny yourself good – pleasure, passion, joy, abundance and vitality?
- How do you inflict guilt, shame and hatred upon yourself?
- How do you protect yourself from experiencing deep intimacy?

Once you have answered the questions, handover the orange layer of your dress and as the guard opens the gate you go down the next spiralling staircase.

7th Gate - Root chakra

The guard asks you 3 questions

1. How do you block yourself from being supported?
2. How do you let fear keep you from pursuing your dreams?
3. How do you hold yourself back from moving forward?



Once you have answered the questions, handover the last red layer of your dress, so you are stripped naked. As the guard opens the gate, you enter a room and meet your shadow self.

You see her on the floor crying, grieving, lamenting. Lament with her, cry with her, all that she has been through, all the hurt, all the wounds, all the wrongs, all that was lost, had to be given away, taken from her.

Hold her, cry with her, accept her, honour her, feel her, love her. As she feels seen and heard and held, she tells you more of grief. She is purging until there is nothing left to mourn.

You are there for her with compassion.

In her own time, she stands up feeling relief and for the first time she feel heard, seen, loved, light and free. Ask her what she needs to continue to support her. Listen to her needs and promise to honour them.

She thanks you and you both hug peacefully and she takes her throne.

You make your way back to ascend but do not retrieve your old layers as there is more coming up to release in the next weeks