

Level 1: Ascension Awakening
Activating Awareness of Your Multidimensional Light Body
Using Body, Mind, and Soul Collaboration
February 22 - April 11, 2024: 12-2pm pst via zoom

Class 1: What Is Your Light Body

- All about the light body and the importance of utilizing the body mind and soul for full activation
- The role of the body: The importance of keeping it healthy
- The role of the mind: The importance of taking your power back from limiting beliefs
- The role of the soul: Understanding the energy body (chakras, dimensional layers, etc)
- Introduction to multidimensionality and your auric field
- What is wholeness and how to use all aspects (body, mind, and soul) to achieve it
- Special 222 activation guided meditation in honor of our first class on 2/22
- Set weekly body mind and soul goals

Class 2: All About Dimensions/Auric Field and The 1st Dimensional Layer (Ethereic Body)

- Review goals and progress
- What are dimensions and how to start becoming aware of them
- How dimensions are connected to chakras
- What is a blueprint
- Introduction to your merkaba and toroidal field
- 1st Dimensional layer awareness
- 1st layer and connection to root chakra
- All about the 1st layer, including exercises to see and feel the layer
- Developing a relationship and consciousness with your 1st dimensional layer
- Homework to expand and activate 1st dimensional layer consciousness
- Setting weekly body mind and soul goals

Class 3: Emotions and The 2nd Layer of Auric Field (Emotional Body)

- Review goals and progress
- Emotions discussion: What they are, how and why they are experienced
- Becoming aware of ancestral wounds and inner child wounds and teaching yourself how to honor, love, accept, and transform your emotions
- Becoming aware of your wounds and learning how to transform them into wholeness
- 2nd dimensional layer awareness
- 2nd layer and connection to sacral chakra
- Exercises to explore and start activating 2nd dimensional layer consciousness
- Homework exercises
- Setting new body, mind, and soul goals

Class 4: The Mind and The 3rd Layer of Auric Field (Mental Body)

- Review goals and progress
- All about the mind and the 3 aspects: conscious, unconscious, subconscious
- Exercise: Exploring each section and disintegrating blocks between them
- Developing a new relationship with your mind, built on love and acceptance
- Becoming aware of limiting beliefs and how to start transforming them
- 3rd dimensional layer awareness
- 3rd layer and connection to solar plexus chakra
- Exercises to explore and activate 3rd dimensional layer consciousness
- Homework exercises
- Setting new body, mind, and soul goals

Class 5: The Heart Portal and The 4th Layer of The Auric Field (Astral Body)

- Review goals and progress
- All about the power and importance of the heart center
- What is the heart portal and how to access it
- Activating and expanding consciousness into heart center
- 4th dimensional layer awareness
- 4th layer and connection to heart chakra
- Exercises to explore and start activating 4th dimensional layer consciousness
- Homework exercises
- Setting new body, mind, and soul goals

Class 6: The Power of Speaking Your Truth and the 5th Layer of Auric Field (Ethereic Template Structure)

- Review goals and progress
- The power of speaking your truth
- Authentic expression and how to start embodying your authenticity
- Exercise: Letting go of the fear of judgement
- Exercise: Developing a loving relationship with your truth
- 5th dimensional layer awareness
- 5th layer and connection to throat chakra
- Exercises to explore and start activating 5th dimensional layer consciousness
- Homework exercises
- Setting new body, mind, and soul goals

Class 7: Developing a Loving Relationship With Your Mind and The 6th Layer of Auric Field (Celestial Layer)

- Review goals and progress
- Developing a loving relationship with your mind
- Connecting into the Universal Mind
- Tools and techniques to help establish healthy mental patterns
- Raising awareness of how you communicate with yourself
- Learn how to use your mind as a tool to create more love and positivity in your life
- Learn how to work with affirmations in a more effective approach
- 6th dimensional layer awareness
- 6th layer and connection to third eye chakra
- Exercises to explore and start activating 6th dimensional layer consciousness
- Homework exercises
- Setting new body, mind, and soul goals

Class 8: The 7th Layer of Auric Field (Ketheric Template) and Complete 7 Layer Multidimensional Activation

- Review progress and goals
- 7th dimensional layer awareness
- Exploring and activating 7th layer consciousness and expansion
- Developing a stronger relationship with Oneness
- Complete Multidimensional Body Activation Guided Meditation
- Activation exercise to claim all of your space and energetic power
- Multidimensional full body activation
- Q/A