



## **MMW – 1 Ascending the Form**

*All Workshops are recorded.*

### **Outline**

#### **Ascension Information Covered in MMW – 1**

Ascending From 3,000 Segments  
Biological Cycles of Ascension  
Organs and Glands  
The Immune System  
The Nervous System  
Skin and Sensory Organs  
The Elements Continued  
How Do the Etheric Languages Work?  
Purpose of Transfiguration  
Fusion Body Meridian System  
Transfusion

### **Handouts**

- Analysis of Root Race DNA
- Energetic Cycles of Ascension
- Foods Not Originating from Earth
- Inner Light and Sound Meditation
- Light Synthesis and Transfusion
- Lung Health in Ascension
- New DNA for the Space Between
- Supportive Body Level Consciousness or Awareness
- The Elements
- The Liver

### **Recording Exercise**

## **Inner Light and Sound of God Meditation Exercise (Month 1)**

<https://www.youtube.com/watch?v=g49v4m3wt9U>

### **About the Facilitator:**

Shakinah is an author, spiritual channel, and global workshop presenter. As an international speaker and intuitive, Shakinah's workshops, Soul Purpose Sessions (SPS), and channeled messages have touched people's lives throughout the world.

In the same vein as Edgar Cayce, Shakinah channels her higher self, Altaria. In her books, *In the Beginning*, Volumes 1 and 2, she takes us on a historical journey that stretches back to the very beginning of time, to our Starseed origins and our planet's relationship with our star brothers and sisters. Shakinah helps to explain the current ascension process through her workshops and her books.

Through a humble and down-to-earth approach, Shakinah delivers teachings and messages of empowerment that bring to light the divine essence of one's sacred soul purpose and helps to make sense of the current ascension process. As founder of Helm Counseling, she acts as a guide and mentor for those seeking to find their soul's sacred purpose.

### **Your Ascension Books**

[https://www.amazon.com/gp/product/B0D3BS92H6?ref=dbs\\_p\\_pwh\\_rwt\\_epsb\\_vgsr&storeType=ebooks](https://www.amazon.com/gp/product/B0D3BS92H6?ref=dbs_p_pwh_rwt_epsb_vgsr&storeTy pe=ebooks)

### **Your Images and Posters**

<https://shakinahray.com/ascension-images%2Fposters>