



MMW - 5

The Language of ONE

All Workshops are recorded.

Outline

Ascension Information Covered in MMW – 5

The lessons of the first 10 Notes of the Language of Light
Intentions for the expression of the authentic self ~ Dual Tones
How to work with the commands
Language of Light Tri-Tones 97-136
Quad Tones ~ To Be continued

Handouts

- About the Language of Light
- Breath of Life
- Intentions for the Expression of the Authentic Self
- Language of Light Single Tones 1-48
- Ray 11
- The Language of ONE Crop Circles
- The Lessons of the First 10 Notes of the Language of Light
- Essential Oils and Single Tones
- Herbs to Help with Ascension

Recording Exercise

Sun Meditation

<https://www.youtube.com/watch?v=KMgCe6akTtU>

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_cpsb_vgsr&storeType=ebooks

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