

Creative Awakening Journey

This entire process can be summed up as: the comprehensive spiritualization of the self in body. This is what leads to us becoming internally safe so that we gain clearance to assist collective healing (return to Oneness) with our creative work, becoming a non-invasive progenitor of Cosmic alignment.

We do this by systematic and precise releasing/transmuting of karma from our system, while simultaneously taking on our eternal soul nature so that it becomes authentically embodied - no imitation whatsoever.

The first 2 months comprise the foundational practice, which includes the learning of the Shining Heart technique and training meta-consciousness, or the ability to recognize evidence of the karmic self via the triggers/chaos that emerges from life's challenges.

MONTHS 1 & 2 - SHINING HEART MEDITATION

-7x sessions, 1 hour each, over 8 weeks

-1st session is 1.5 hours for intro/theoretical background - includes Zoom recording of session for your reference

-Svarupa is available between sessions for support to improve practice or manage a challenging detox moment

-Ongoing support from practice reference manual - "The Golden Pagoda"

-Focuses on working with the creative process and life challenges to uncover blockages -

MONTHS 3 & 4 - REIKI 1 & 2

When reading your energy, I am being told that it will be necessary for you to learn and use Reiki as a key element in your healing/awakening journey. The blockages it will release seem to be primary barriers to accessing fluent higher creative flow for you; and they are your key to "gaining clearance." The cosmic purpose of energy work systems is to assist in the healing of karma that cannot be accessed in personal practice (yoga and meditation). As I mentioned in our call, your system's imbalances are tied to a relatively high percentage of these deep cosmic issues that your Shining Heart practice cannot touch.

The seven levels of Reiki can be categorized by what kinds of imbalances they heal. For each level you will be attuned to be able to work with specific Rays (essential building block energies

of reality) that give you access to healing specific types of phenomena deep in the cosmos that are at the root of your blockages.

I am currently being asked to train you up to Reiki Level 3 (all that is needed to accomplish your artistic awakening). This is a training for self-practice, but additional instruction can be added at any point if you wish to do client work.

Later, it could be possible to do Level 4, which would allow you to transmit Reiki through your creation.

***Reiki sessions are **once per week, 2 hours per session** - recording provided for each class

MONTH 3 - REIKI LEVEL 1

Week 1 - Point/Ray 12 and Brahmanic Karma

Training for Relationship Mastery - prepare to guide others by developing non-duality consciousness

- indirectly improve your active and past relationships by healing collective (Brahmanic) karma

- beyond blame: cultivate intelligent empathy by understanding the true source of all relationship problems

- Learn ENERGY BALL technique

*Self-reiki (Reiki for the Brahmanic Self) practice with energy ball technique 5x per week, 17 minutes per session

Weeks 2-4 - Each session will center around “case studies.” These case studies will be based on current, active relationships in your life, so that you can observe changes in the nature of the connection as you practice.

- aligning relationship connection via the healing of Brahmanic karma is the indirect approach.

We are not interested in analyzing and fixing the problem. We move energy and allow the change to happen as the karmic influence wanes. We might develop spontaneous new awareness in the form of thoughts, but this is for us to learn how to work with the natural progression of alignment, and to allow general empathy to unfold that can be applied intelligently to a wide variety of relationships - not to strategize a specific outcome.

- Focuses on working with the creative process and relationship challenges to uncover blockages

*Review: “Karma: The Substance of Suffering” in THE GOLDEN PAGODA before beginning MONTH 4.

MONTH 4 - REIKI LEVEL 2

Points/Rays 22 (2 sessions) & 14 (2 sessions)

Releasing the cosmic, nonlinear ties of other dimensional entities from your creations

Cultivating authentic fearlessness in the face of “darkness”

Becoming an aligning conduit for themes connected to the general/cosmic shadow aspect

Week 1 - attunement and meditation for point 22

-preparing your system so that your karma is not translated to your audience through your creations

-Guided intro to self-reiki practice, and Reiki treatment from Svarupa

Week 2 - practice and discussion for point 22

-identifying and transmuting fear so your work becomes a point of support for others, even when dealing with difficult subjects

-cultivating appropriate boundaries so that your system is unaffected by future spectators of your work - every creation has something of the future in it

-Guided self-reiki practice, and Reiki treatment from Svarupa

-begin self Reiki sessions with hands (on human body instead of Brahmanic body)

*finish energy ball meditation

Week 3 - attunement and meditation for point 14

-prep for no self/no agenda - fine tuning trust in the body’s intelligence during the creative process

-using your creations to uncover hidden blockages in your system

Week 4 - expanding intuition - cultivating a relationship with the Legion of Angels

-integrating the wisdom and spiritual intelligence of your Archangel - one-time chakra meditation with chakra corresponding to your personal archangel

-practice and discussion for point 14

-installing your soul's personal love signature into your work (pre-distant technique) - no agenda/no self

***Requirement to move on to Level 3:

-Self Reiki, 5x per week - 17 minutes sessions - for 3 months

MONTH 5 - REIKI LEVEL 3

Points/Rays 34 (2 sessions) & 20 (2 sessions)

Through a more complete "becoming of the collective self," we consummate the process of becoming a safe creative influence on this planet

Week 1 - attunement and meditation for point 34

-activating Monadic/omnipresent intuition

-no-mind creation - no self/no agenda

Week 2 - practice and discussion for point 34

-expanding intuition for ongoing refinement of artistic work

-developing loftier themes from the grounded soul influence

Week 3 - attunement and meditation for point 20

-activation of Dwapara consciousness - "I am you" - for authentic (non-imitative) integration

-begin exploration of soul group collaboration - creating from the Collective Self

Week 4 - practice and discussion for point 20

-nonlinear unification of soul group to optimize collective mind

-nonlinear learning from other soul group members

-what does it look like to be a safe creative influence for the planet?

-even introspective art becomes an expansive experience for your audience

***Self practice to complete integration of Level 3 and become a safe creative influence for the planet

-daily self practice, 12 minutes per session, 2 months steady practice

Besides the sessions laid out above,

- I make myself available for intellectual and emotional support, via text or short call, 7 days a week between the hours of 10am - 10pm.

- Each session will be recorded via Zoom for you to keep and reference as needed.

- A certificate of completion is provided for each level of Reiki.

- “The Golden Pagoda” will serve as an excellent companion for continued practice and exploration.