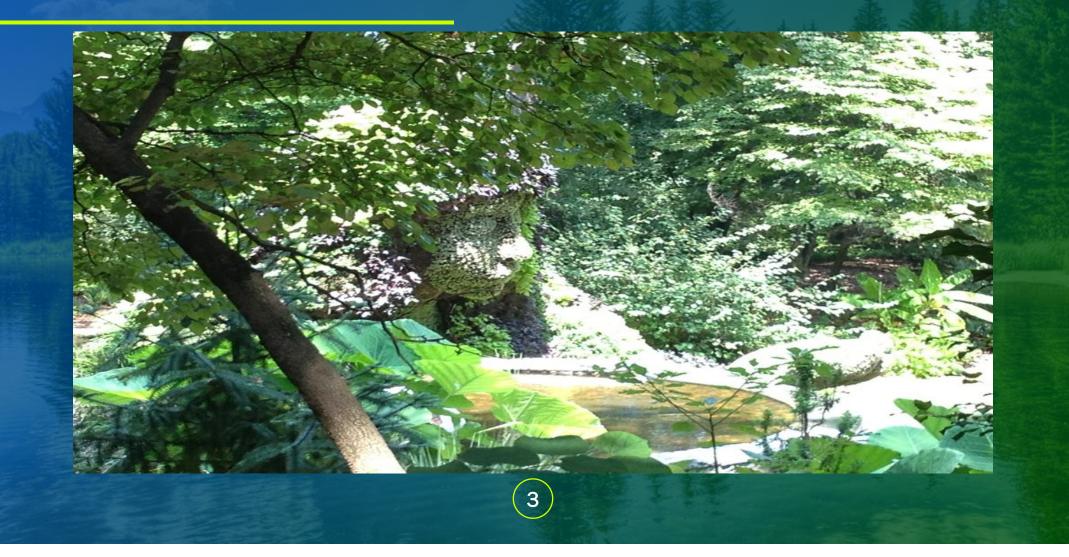


# SOPHIA

The Power of Shape



# **Calling In Sacred Space**



### Connect to the Earth

Open to Receive



# Check-in ~

# Have you felt the Divine Feminine Moving in you?

5

### **Connecting with Holy Mother**

Last week we learned that...

She is the **tantric connection** between and through everything.

This goes all the way down to the cellular level. She is in us and through us and all around us. Every time we breathe, we take Her in. Building Her frequency in our homes is just another way to connect with Her and thereby, raise the frequency of the planet.

As I work with Her, more and more, I have a sense that She wants more from us. Like us, She is a bit tired of being taken for granted. We utilize Her energy all the time. But how often do we really acknowledge where that energy comes from? How often do we really connect?



#### Nature is the Perfect Place to Connect.

If you can find places that are as "untouched" as you can find, you can get a sense of that "tantric" connection. Especially if you can be out there long enough, and drop into silence, into your heart and soul, and simply begin to **BREATHE HER IN. SHE is the tantric** connection between all the elements...what holds everything together in the form that it is in...Even you. I know we know this, but we forget it. Or we may connect with the beauty but forget its Source.



# Another way we can help ourselves remember, is to just make it a point to do it.

Like in the morning when we wake up, taking a moment, even going out on our porch to just BREATHE HER IN... Then maybe asking things like:

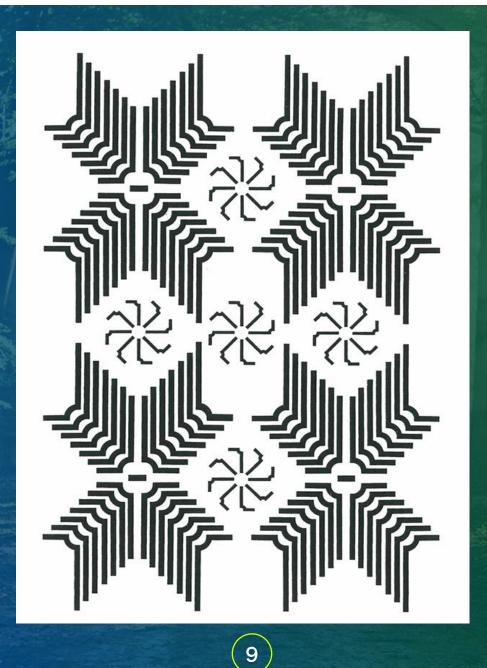
How do you want to express through me today?

What is the best way that I can LIVE YOUR ESSENCE – The Essence of Holy Wisdom – IN THE WORLD TODAY?

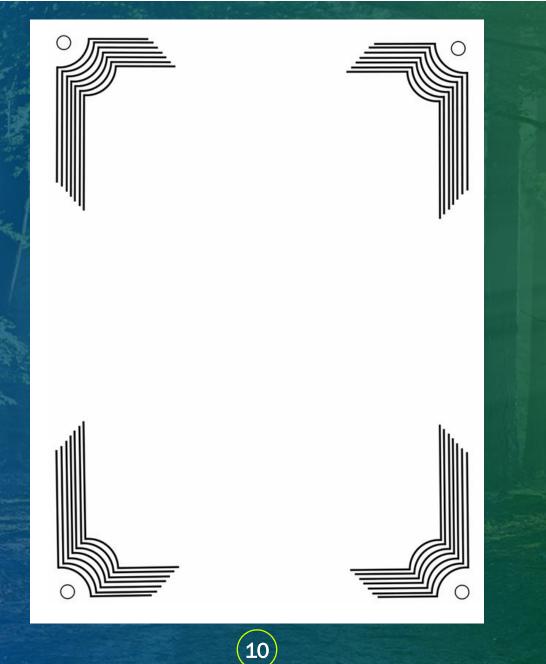
LISTENING TO THE CHANTS OFFERED IN MODULE 2 CAN ALSO HELP.

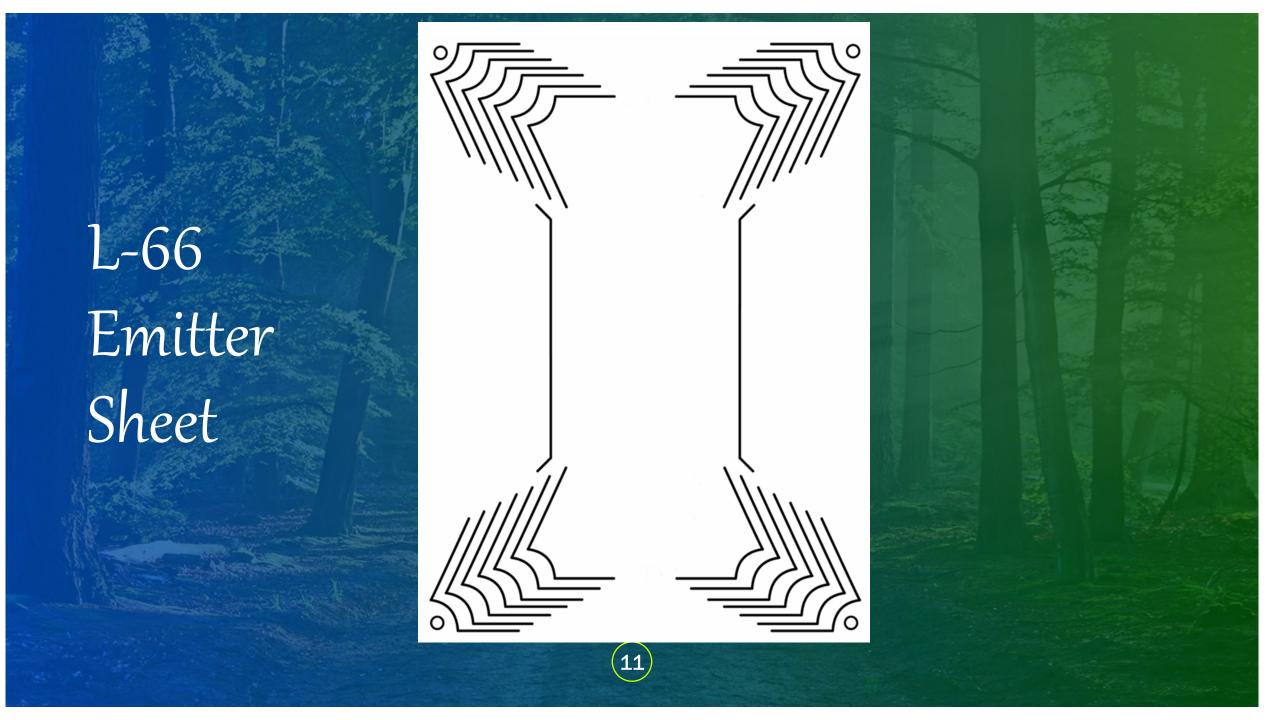


# The Carpet Pattern

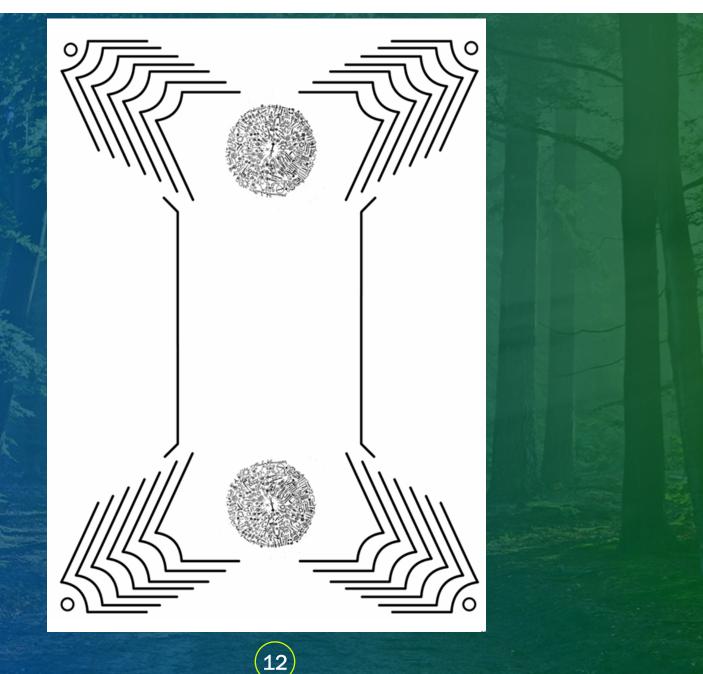


# Basic Emitter Sheet





Bio-Signature Emitter Sheet



Remember, the more we practice doing this, the more we increase our own vibration with the Sophia Frequency!

By doing this gradually, and allowing acclimation time, you can avoid transformational upheaval.

#### PRACITCAL PLAYTIME -The BG16 Pendulum!

# How has your practice been going?

Questions?



Ibrahim Karim Universal BG16 Pendulum



#### Homework this week:

Keep Practicing with both!

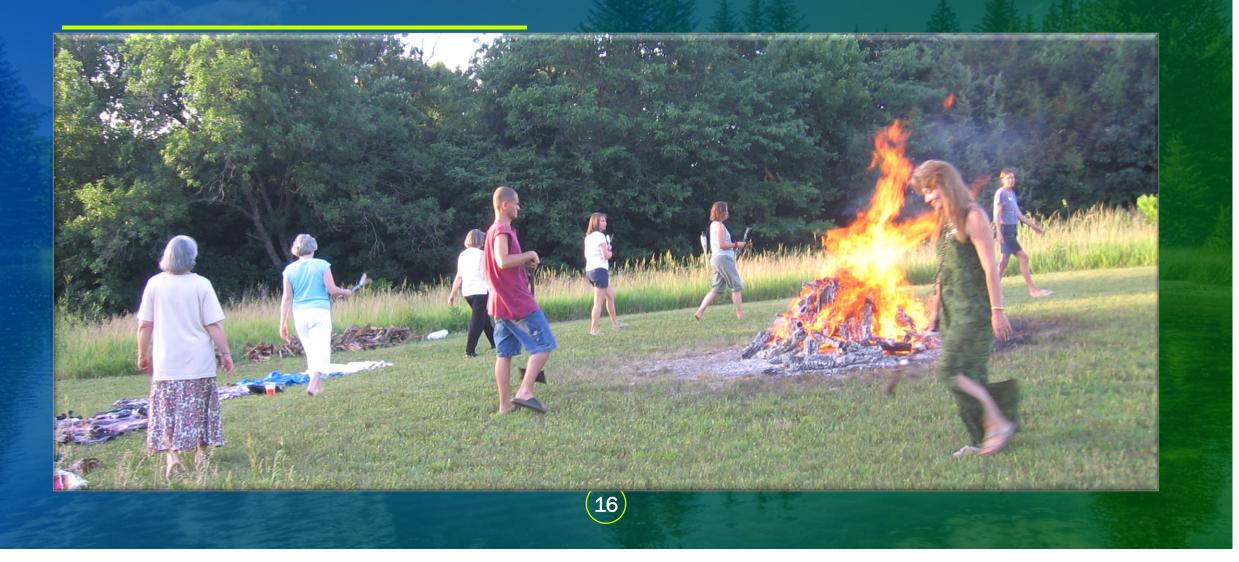
- Keep checking your personal wave-length and checking in with things that benefit you.
- Look for GOLD!
- > Try out your carpet patterns
- PRACTICE, PRACTICE, PRACTICE!







## Dance and Integrate



## CLOSE SACRED SPACE

NEXT CLASS: September 6, 2024

1.50