Intuition Illuminated By Knowledge



Who and What are We, Really?

Supplemental PDF
Module 1

Module 1

Who and What are We, Really?

Centering to Receive: This is a resource

Module 1

Presence:

- the ability to occupy the now moment
- being present
- Example: take a deep breath; when we breathe everything stops. The only thing happening is your breathing. Everything breathes through you! Our love and presence lives in the pit of our being, where we don't even know to go. We must protect it at all costs. This is where discernment and intuition live.

Intention:

- Your intention lies where your presence is. If you are more present in the past than in the present moment, then that's where your intentions lie. If you are present in the future, then that's where your intention is. This means you will say, do, and create things that have nothing to do with the present moment. In other words, you are going to respond from the past or the future.

Restoring Harmony Between Masculine and Femine

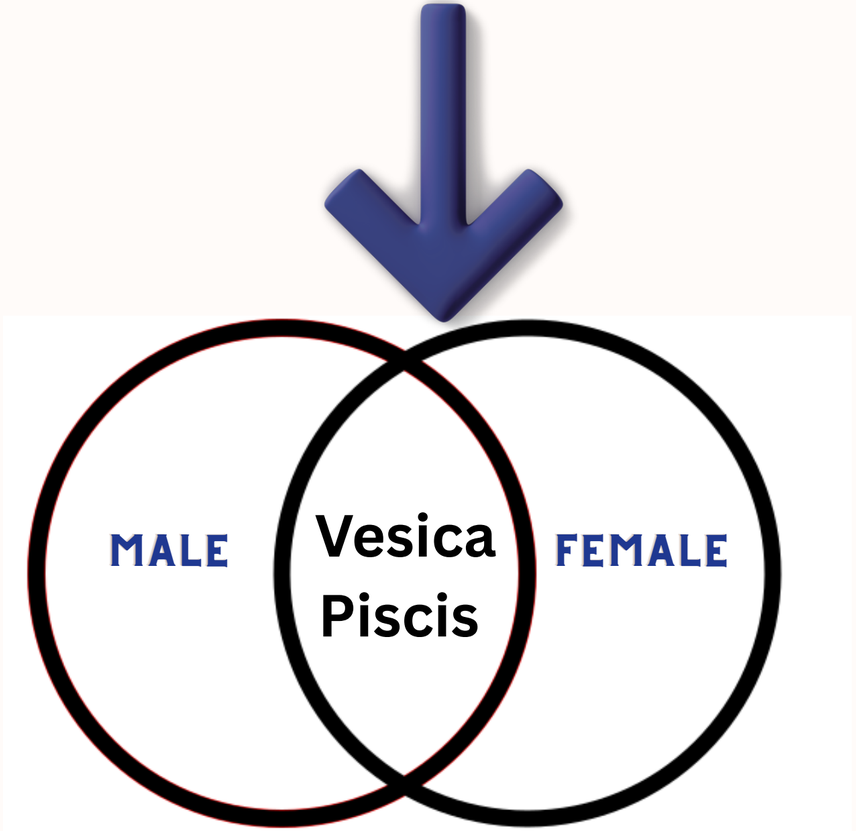
Harmony between masculine and feminine:

- I see the masculine and feminine energies as 2 circles that come together and unite
- When the male and female are in flow, harmony and connection, they become one. The oneness was shown to me as the middle space where the 2 circles meet. This space symbolizes to me the union of both male and female.

Restoring Harmony Between Masculine and Femine

Story of a couple

I place the male on the left because by nature, the masculine is linear, analytical, and physical.

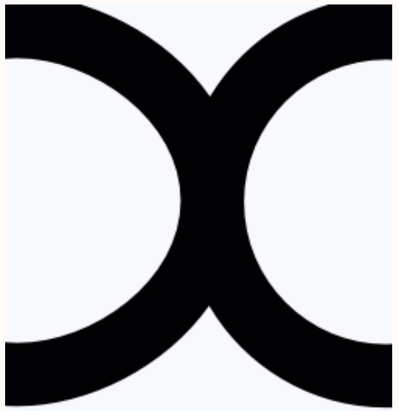


I place the feminine on the right, because by nature, we are emotional, spiral, spiritual, and have the ability to hold things we can not see, feel, hear, or touch.

Representation of harmony and connection between male and female

Harmony Between Masculine and Femine

Male

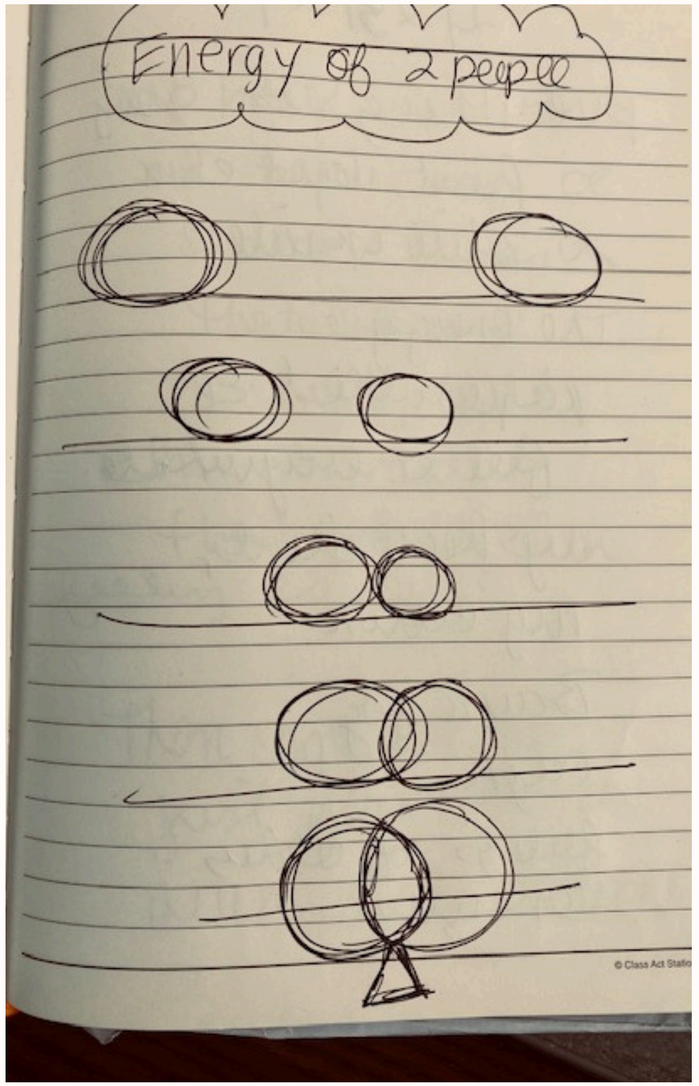


Female

- This couple was not connected, but back to back, independent but wanting to be together
- This makes relationships impossible.
- I received the vision: they are back to back, not connecting, not looking at each other in the eye (which is the window to your soul), not facing each other’s heart.
- How can you have the connection you want when you are not facing in the same direction?
- Energy has to face energy, and our energy emanates from our hearts!
- In relationships, we strive to meet at the Vesica Piscis, all relationships, not just romantic ones.
- The world, our trauma, our wounds, our experiences, keep us from reaching the Vesica Piscis, so we walk around in the inverted version.

Harmony Between Masculine and Femine

This is how I see the harmony between the Masculine and Feminine



Remembering the innocence, wonder, and curiosity of childhood:

- The world, our beliefs, our cultural norms, makes it virtually impossible for us adults to remember, see or experience the innocence, wonder and carefree joy of childhood.
- You literally don't have time for that, nor do you vibrate at that frequency.
- Really sad for ourselves and our children!

Recalling the Truth of our Shared Human Experience:

- We are literally energetically fused and connected to our children
- Whatever discomforts they are feeling or expressing, how calm their nervous system is, how they react to others, etc..is coming from you/their environment
- We are all energetically fused together, we have to remember this.
- Struck a Cord of a guitar

Creating an environment that supports our children's physiological, emotional, and spiritual growth

- If your environment is not supportive of your physiological, emotional, and spiritual growth, it will not support your child's either
- You need exactly what your child needs
- Your child is the mirror image of your inner child

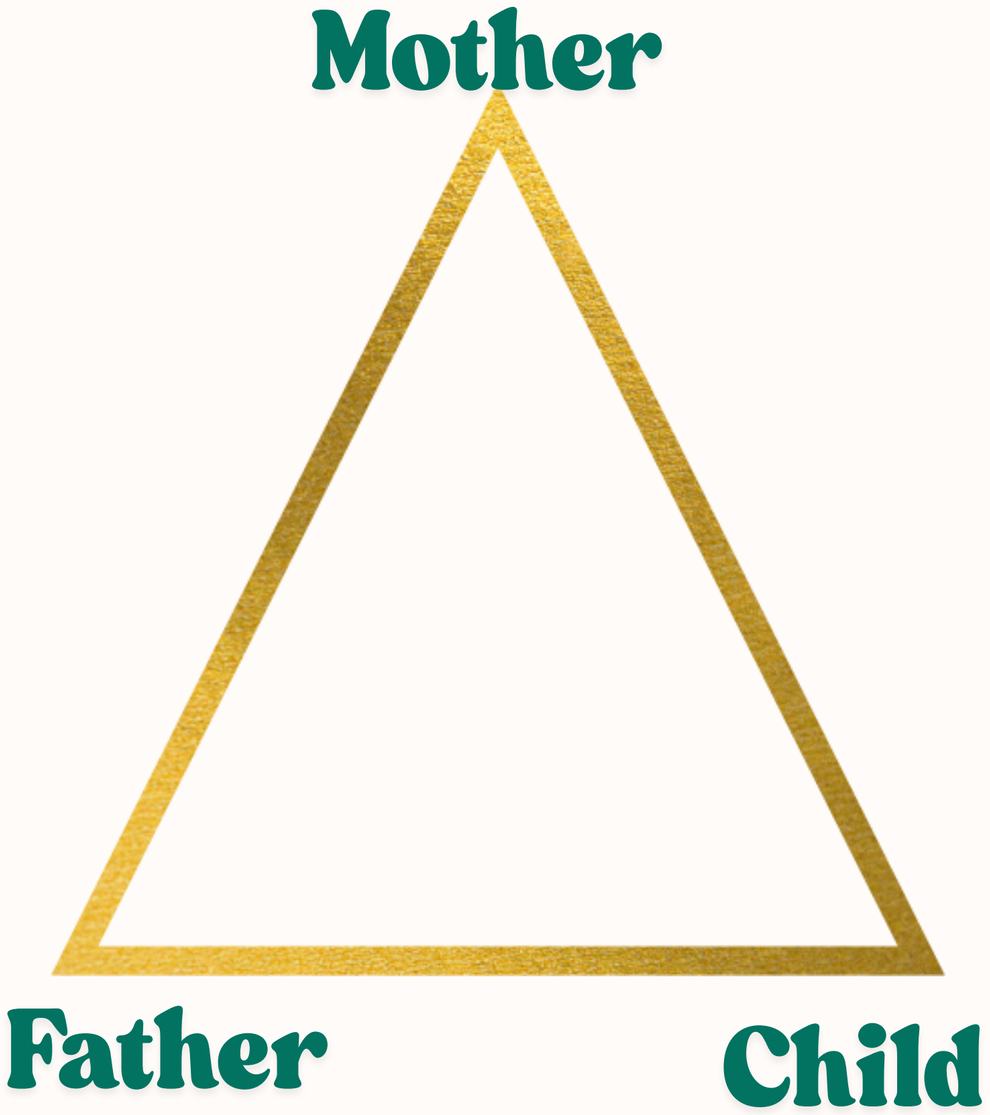
Honoring that our worth can not be measured by tests or external validation

- Super important because only you can be the keeper of your worth, how we value ourselves in this world
- Tests and external validation does not even come close to mearusing your true wothiness

Allowing children the sacred space to explore, experience, and express their emotions, ideas, and dreams freely

- This takes a lot of work and that's what we are here to remember. How do we give that back to ourselves and in turn magically give it back to our kids as well? This happens simultaneously, at the same time for both. The ripple effect is grand, deep, and amazing to witness it unfolding.
- My experience with my kids

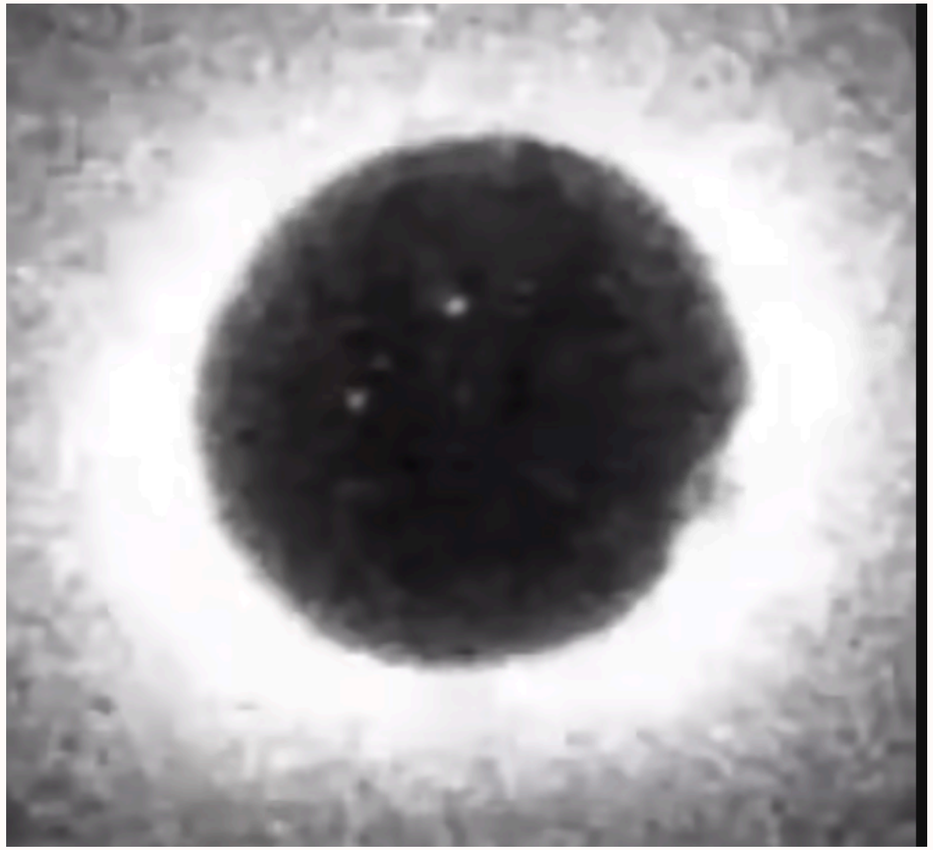
The Trinity



Why this is important to know and embody:

- Life can be very difficult. We have come here to learn all there is to know about ourselves, in every which way possible. This is a very challening journey. This is a tool used to help us all remember that the body is a safe space, a safe vessel, a centering vessel.
- Life will force you to connect to your vessel on a much deeper level
- If life does not achieve this, then death will
- Our children are being born into a tough world, it is critical that we know ourselves more deeply
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At conception, there is a spark of light called the zinc spark. This zinc spark lights into matter. The zinc spark is the blueprint!



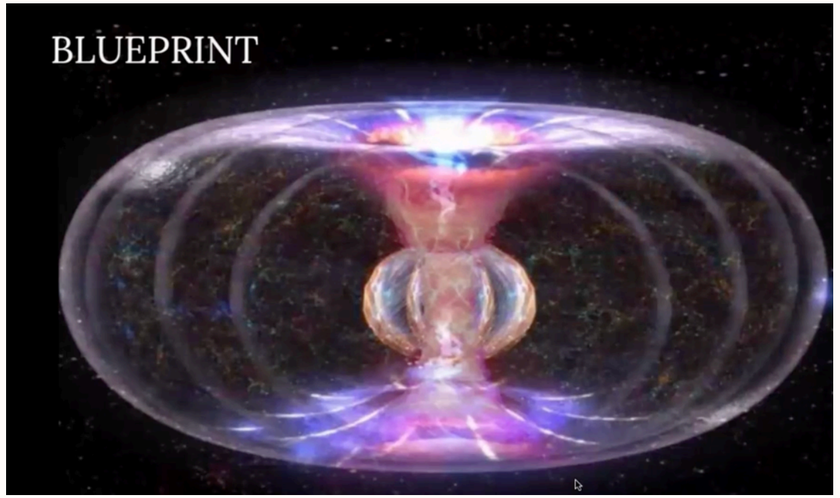
My studies with Innate Traditions and Pre and Perinatal Psychology : APPPAH
https://youtu.be/KyTNSxVUuyA?si=3sqipgD5nmWw3dP1

The Blueprint

The blueprint: is an invisible and universal template that guides our formation and design.

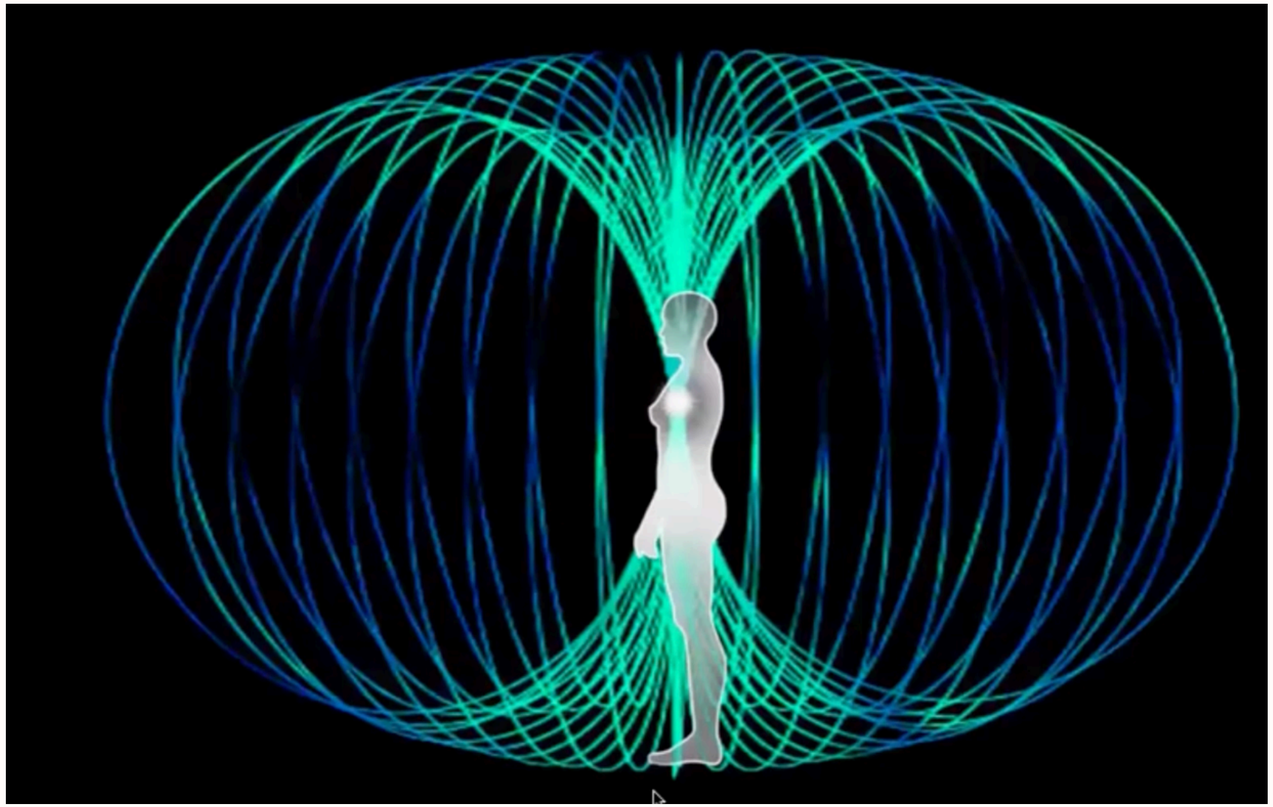
***The energetic design of our being and nature**
***It has a Torus shape-field, that informed our body from conception on.**

Blueprint inside our essence. It is present in the galaxy, in nature and in our conception



This wisdom was passed on to me through my studies with Innate Traditions .

What the Blueprint looks like in our bodies



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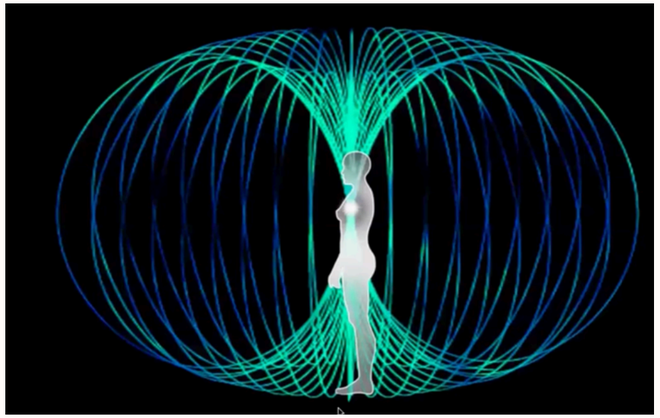
Blueprint seen from above



This wisdom was passed on to me through my studies with Innate Traditions .

The Blueprint

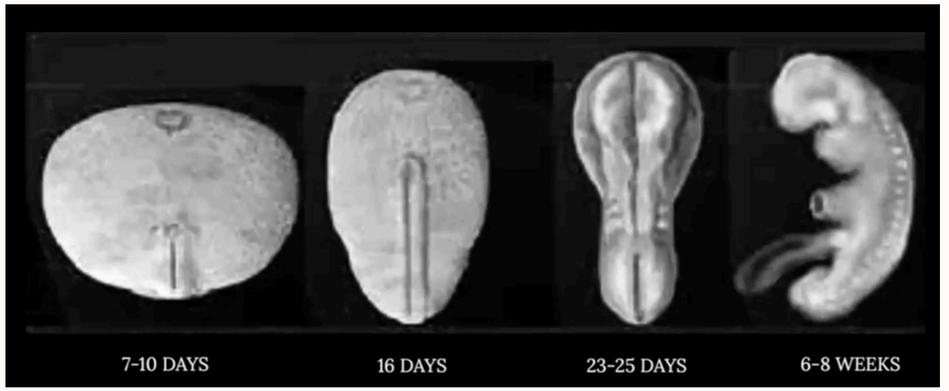
- The blueprint shapes us and informs us in our development. It holds the key to what really makes you happy, what your gifts are, your highest states of being and knowing, all the things and details that make you who you really are. Not who the world made you to be.
- Now the blueprint begins to create the body in 2 different axes. Vertical and Horizontal. Remember once the heart is embraced and accepted, the horizontal line begins to form. Now the arms, the ears, organs on the left and the right, everything not found on the vertical line begins to form. This energetic movement is always present, maintaining coherence and order.
- The blueprint is what maintains aliveness, development and growth. It is who we are at the core of our being. This remembrance brings us back to who we are, and places us back into connection with the divine force within.
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This wisdom was passed on to me through my studies with Innate Traditions .

The Vertical Line

The vertical line of orientation is the first thing that is created after the zinc spark.



That vertical line is where your blueprint, your zinc spark lives

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We are 2 axis of Orientation

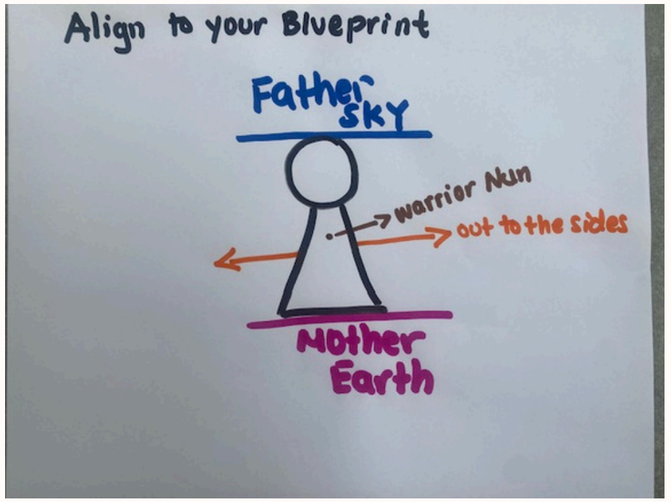


We are 2 axis, this is where they got the cross from. This symbol is used around the world, in many different cultures and religions.

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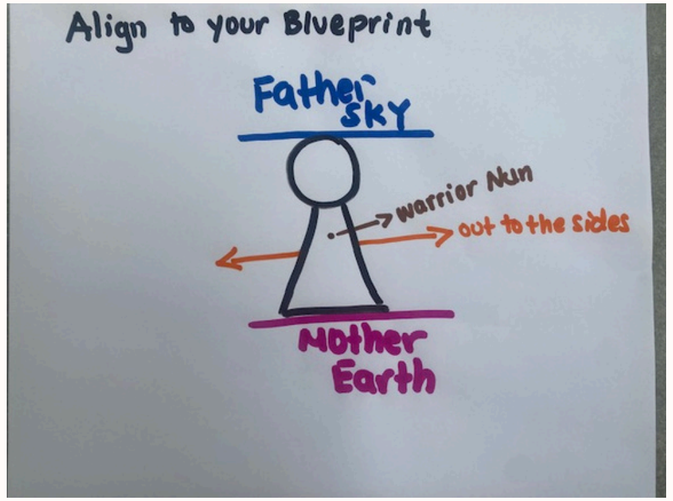
Using the axis

We can use this remembrance to help us have a place of orientation within us. When you are in a field that feels disorganized to find coherence and connection: Trust the blueprint to create coherence inside and outside of you.



How to align to your blueprint:

- Find the middle line inside of your body: think middle of forehead, thyroid, and down
- Now focus on what is holding you, a chair, the earth, the ground. Feel into it and pay attention and recognize that it is there. This is called mother earth
- Now focus on above your head and feel that space above your head, this is called father sky. These words are used to help you orient yourself to what you are doing. Has no religious meaning. But is rooted in ancestral knowledge that has connection with everything
- Come down your spine and stop in the center between your shoulder blades, from that center point, expand and feel the energy all the way to your left and all the way to your right at the same time.
- Now you are orienting and opening
  - This is important because you are creating a relationship with your mid-space, your blueprint. The blueprint is intact no matter what happens to you.
  - This practice bridges both the vertical and horizontal into presence
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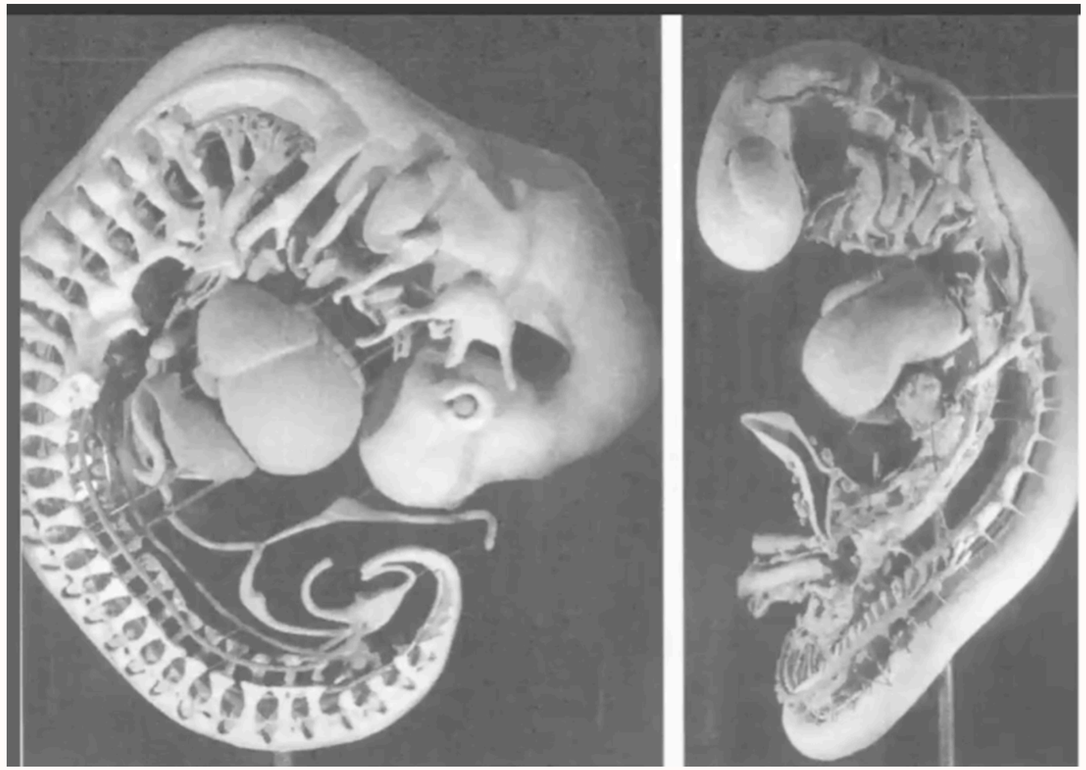
The intelligence of the Heart:

- Command center that oversees everything that happens in your body
- The heart is not just a pump. It is a quantum technology that allows us to give and receive energy in all it’s forms
- The heart is the portal to navigate this journey we are on called life
- If our hearts are hardened and unable to give and receive, we are closed off to everything and everyone.
- After the first 6-8 wks of pregnancy, the heart appears as a cell outside the body
- The embryo bows to the heart and embraces it. It says yes to becoming
- The heart eneters into the body after
- When it enters the body and energetically touches the vertical/middle line, we have our second ignition-when the heart is entering inside ourselves delivering the sense of I AM.
- It also creates the beginning of your horizontal line
- The heart is the most important piece of our I AM

This wisdom was passed on to me through my studies with Innate Traditions .

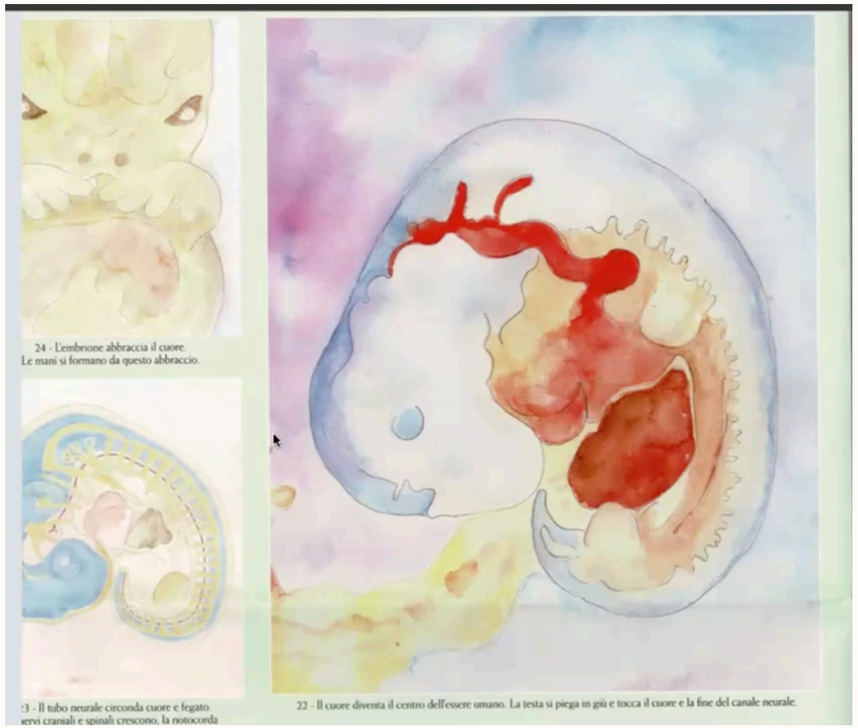
The Intelligence of the Heart

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The Intelligence of the Heart

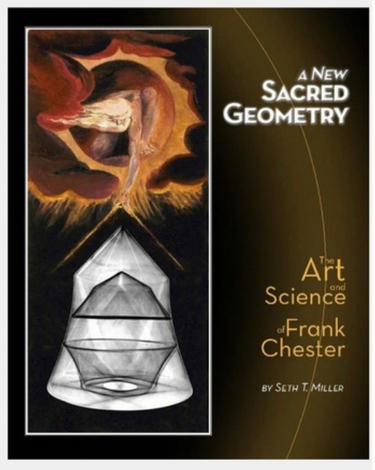


The embryo bows to the heart and embraces it. It says yes to becoming. The heart enters into the body after. When it enters the body and energetically touches the vertical/middle line, we have our second ignition-when the heart is entering inside ourselves delivering the sense of I AM. It also makes the start of your horizontal line. The heart is the most important piece of our I AM.

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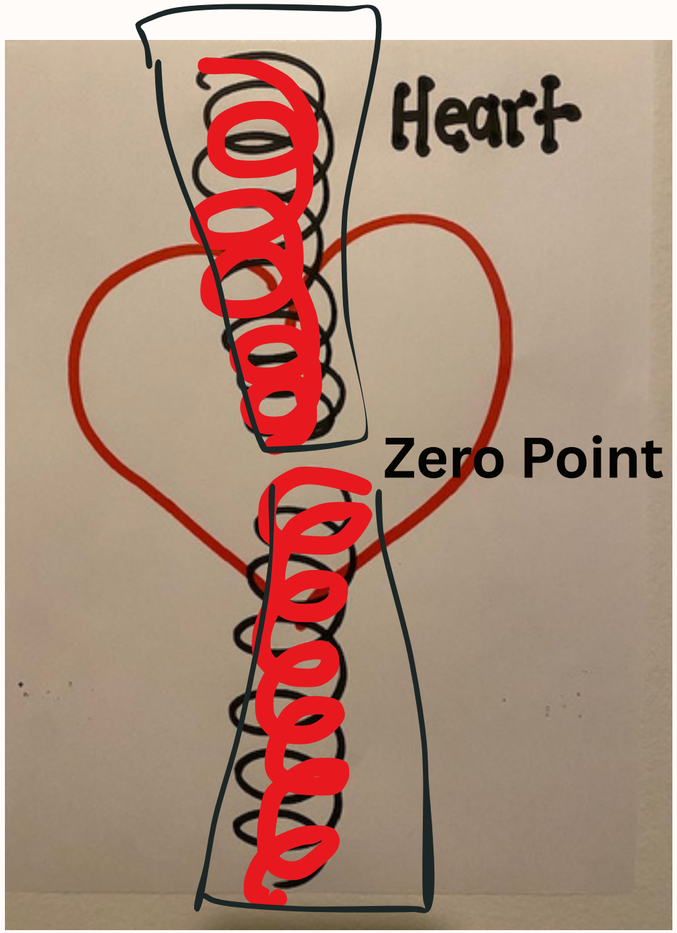
Book: *A New Sacred Geopmetry*

The Art and Science of Frank Chester



Frankchester.com

The Intelligence of the Heart



Heart Math Institute

We are light
(read)

If you have any questions about anything, turn to your blueprint!
Integrate this knowledge, its a lot to take in

Journal Prompt

- *What came through for you in regards to these remembrances in this module?*

- *How do you think this remembrance can help/support you - your children, or a child?*

Read the way we enter this world....
Read Integration of Truth