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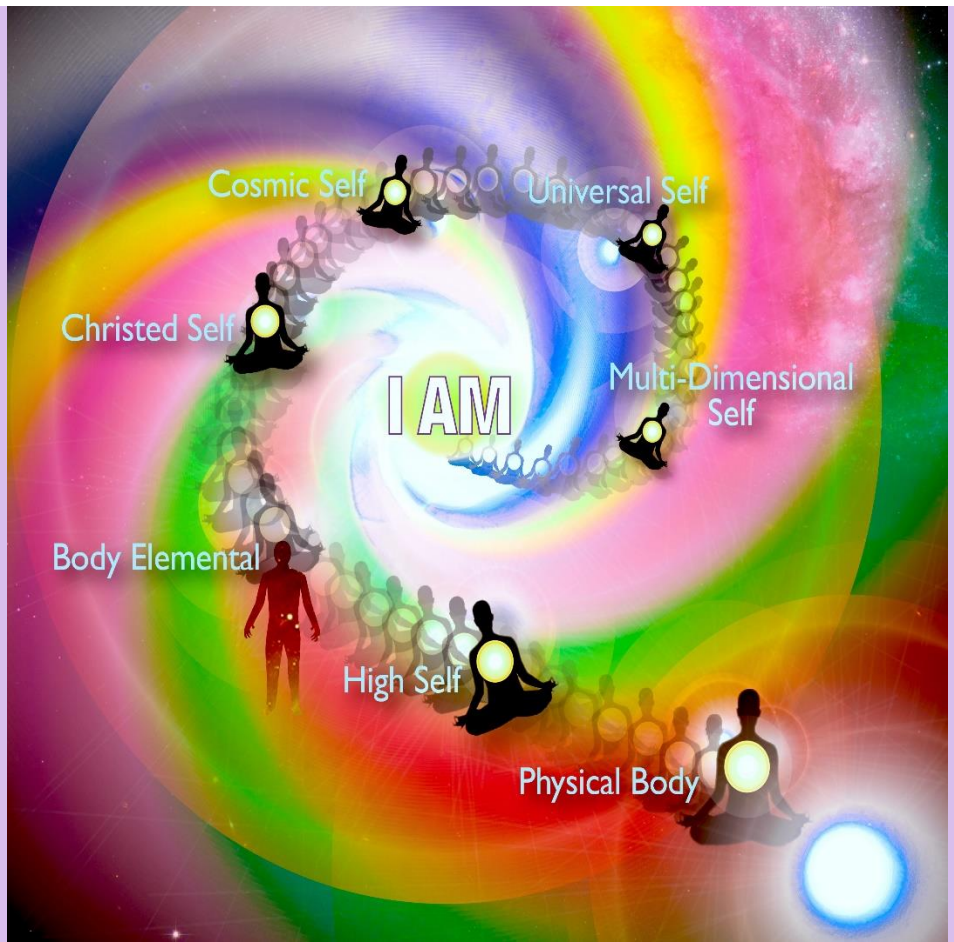
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I Am Presence Meditation:

<https://www.soulalchemyhealing.ca/workshops>

*“The body is not hidden
from the soul, nor is the
soul hidden from the
body, and yet the soul is
not for everyone to see.”*

~ Rumi



I AM PRESENCE

The I AM Presence is a collective consciousness of our Monad. It is not physical individuality but 11 other soul personalities that work with us. The soul that is working on their ascension process is usually the one that ascends for the others.

The link on the free meditation above will take you to a few aspects of the self and your I Am Presence. Enjoy!

<https://www.youtube.com/watch?v=Hm8xubHduR0>

Mudras



THE POWER OF MUDRAS

A mudra is a hand gesture or position used in meditation and spiritual rituals to add depth to yoga or meditation practice. Mudras are highly structured configurations that involve touching specific fingers and holding them in particular alignments to generate energy circuits within the body. Performing mudras stimulate the flow of prana (life force or energy) throughout the body, to quieten the mind by focusing it on the simple touch of our hands or fingers and to intensify the power of our practice.

The science behind the mudra:

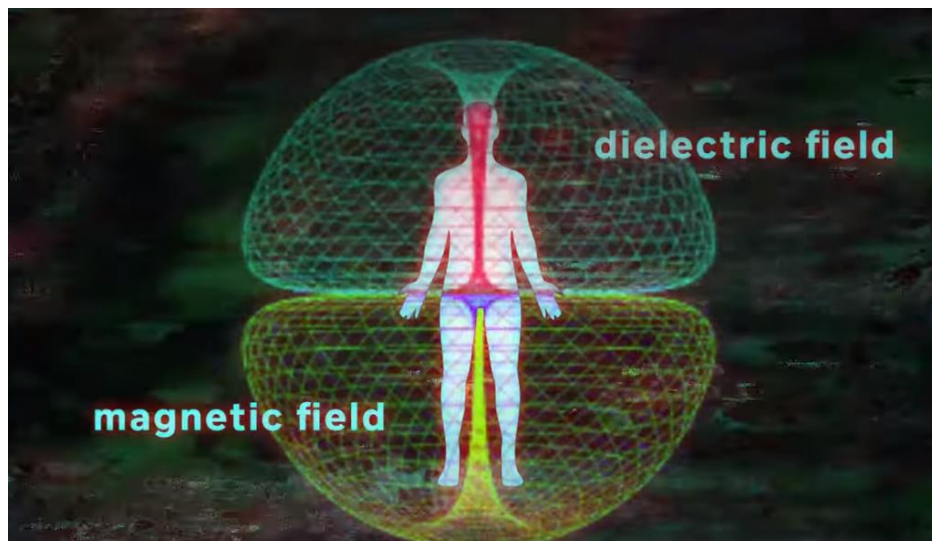
Our bodies have both a dielectric field and a magnetic field and this is precisely why as an electrical being, your fingers are electrical circuits that connect to various systems within your body.

At the cellular level the body functions through a complex dance of electrical signals of neurons and our nervous system which communicate using electric impulses that travel through nerves to muscles causing them to contract and enabling us to move. Even

the very beating of our heart is controlled by an electrical system that ensures its rhythmic pulsation.

Where do dielectric and magnetic fields come into play?

The dielectric field is related to the way our body stores energy in its cells especially in the cell membranes. It's the capacity to hold an electric charge that creates a polarization within the body's matter. The magnetic field is intimately connected with the flow of electric currents.



Now, since our bodies are brimming with moving charges, electrons flowing through nerves ions crossing cell membranes and they generate magnetic fields. We can observe this in medical imaging techniques like MRI magnetic resonance imaging where the body's magnetic properties are used to create detailed images of internal structures.



HOW DOES ALL OF THIS CONNECT TO MUDRAS?

Mudras are ancient hand gestures that utilize the body's electrical properties to create specific energy circuits. When you position your fingers in a particular mudra you are effectively aligning your body's dielectric and magnetic fields in a way that can influence your physical and mental state.

Recognizing ourselves as electrical beings isn't just a scientific curiosity it's a profound insight into the interconnectedness of our biological and energetic existence.

The practice of mudras gives us a tangible way to tap into this intricate web of connections by bridging the Gap between ancient wisdom and modern science. This opens a door to a world where the spiritual and the physical intertwine allowing us to harness our innate electrical nature in pursuit of balance strength and enlightenment.

When We Touch specific fingers together, we create a closed circuit that allows the flow of energy these circuits can activate or deactivate certain regions of the brain impacting functions like breathing focus and emotional states of being.



LET'S TAKE A LOOK AT SOME MUDRAS

Consider the uttarabodi, it works by creating a pathway for the electrons to flow in a continuous circuit that lead to heightened awareness and power.

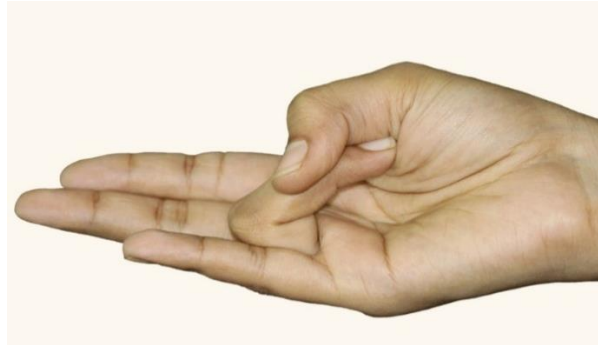


It refers to the upward movement of energy it's not merely a symbol it's an active connection leading to the awakening of intellect or Consciousness. These gestures are not limited to spiritual practices or the secluded life of monks it's a silent power embedded in everyday human interactions recognizing and mastering it connects you to a tradition in that is as ancient as humanity yet as contemporary as today's headlines. By understanding and applying certain mudras you're tapping into the same power that propels athletes, politicians, musicians and artists... it's your connection and bridge to the secret code that unites the body and mind.

Touching the thumb to the index finger as in the Gyan mudra is known to enhance concentration and creativity. From a physiological perspective this connection closes an electrical Loop that stimulates the brain's frontal lobe the region responsible for higher cognitive functions.



The Surya mudra can be used to boost metabolism and aid in weight control. Simply, place the ring finger at the base of the thumb and gently pressing with the thumb can activate metabolic processes, hold this for 6 minutes.



CONCLUSION

The effectiveness of mudras is rooted in the skin's complex structure. Our fingertips are rich with nerve endings and sensory receptors by engaging these nerve circuits mudras sends specific signals to the brain thus triggering desired reactions.

Knowing which fingers to touch, how to align them and how long to hold each mudra, allows you to dial into a hidden control panel that accesses functions that regulate both mental, physical, spiritual and emotional states of being. The understanding of mudras was confined to esoteric circles however as the bridge between science and ancient and wisdom began to strengthen the practical application mudras.

The practice of mudra's transcends mere gestures or rituals, these hand positions serve as an interface connecting the body's electrical circuitry to enhance physical, emotional and mental states of being.

Mudras offer a tool kit for everyday life that assist you to be more successful in all areas of life and raise your vibration! They are a bridge to enhance your physical emotional and intellectual well-being.

Whether facing a challenging business meeting, an athletic competition or simply seeking personal growth mudras can assist you. Tapping into this well-kept secret that's guided many successful individuals is now in your hands. Are you ready to unlock doors to clarity, confidence, and success?

What is the New Earth?



HOW IS OUR SPIRITUAL AWAKENING CONNECTED?

Let's consider humanity's awakening and spiritual ascension that many may refer to as the paradigm shift and the awakening to the fifth dimension, some are the New Earth. What most don't realize is that the New Earth is already seeded and here, it's ready, and waiting for its Creators (us) to awaken to experience their own personal New Earth.

On December 21, 2012, our planet ended a cycle of approximately 26,000 years through the Photon Belt. It began once again the journey of moving toward the light and bringing back the Divine Feminine. The returning Goddess energy is meant to restore balance and harmony to the earth plane.

Many of us have begun to experience a rebirth as we shift from duality consciousness to Oneness. To prepare for this paradigm shift, it is essential to move out of our heads and into our hearts. What exists in this new reality is a consciousness of love, joy, peace, and compassion which cannot be experienced if we are stuck in our mental bodies. The New Earth or fifth dimension is an interim end-destination where those who choose to evolve spiritually, experience a paradigm shift. Each person is the Creator of their New Earth or Gaia. I suggest it is an interim destination because humanity is barely in its toddler phase of humankind's evolution.



WHAT IS THE SHIFT IN CONSCIOUSNESS?

Humanity is shifting from a denser, egoic state of duality consciousness, to more unity and heart-based consciousness. This shift is the process of spiritual awakening that moves a person into a different level of awareness and a lighter vibrational frequency. The ascent is recognizing and accepting that you are an expression of the One Soul through remembrance, re-remembering that you are a Divine Creator.

As a Creator, you create your New Earth experience.

Each person has a conscious choice to participate in the evolution of humanity or not to engage. Both sides of that decision are perfect. Spiritual Ascension is a personal choice, and whether one chooses to participate or not, it does not diminish the truth about who that individual is, because each is a Divine Creator.

Earth, or Mother Gaia, is a conscious living being who is going through her evolution. As Gaia goes through her rise in vibration and dimensional awareness we need to choose, do we join in, or do we resist?

No, there will not be the rise or ascent of the physical body to the heavens as some have imagined. Each person choosing to ascend will experience an increase in their frequency and dimensional awareness. Most of humanity has resided in the third-dimension or 3D plane of consciousness. There will be a shift from 3D to 4D (fourth dimension), and some to 5D (fifth dimension) and even beyond.

What happens during ascension? We bring in more Light from our Higher Self, our I AM Presence, which will open opportunities for miracles and spiritual growth. How can we trigger this? We need to open our hearts, which will increase our frequency. Ascension is an opportunity for every person on the planet. But it's a choice.



UPCOMING WORKSHOPS

BODY ELEMENTAL WORKSHOP

OCTOBER 22ND 12:30-4:00 PM INVESTMENT \$55.00

The body elemental, a being of nature, is ordinarily invisible and functions unnoticed serving the soul from the moment of the first incarnation to tend the physical body. The little elemental is about 3 feet in height and resembles the physical body working with the guardian angel under the Christ Self. They, like you, form an emotional attachment to the body temple. Except for those who suffer psychological detachment from self and body, everyone forms an emotional attachment to the body. It is the body you have worn as the temple for your soul and the means in which we experience pleasure and pain in the material world, and balance our karma and do good deeds.

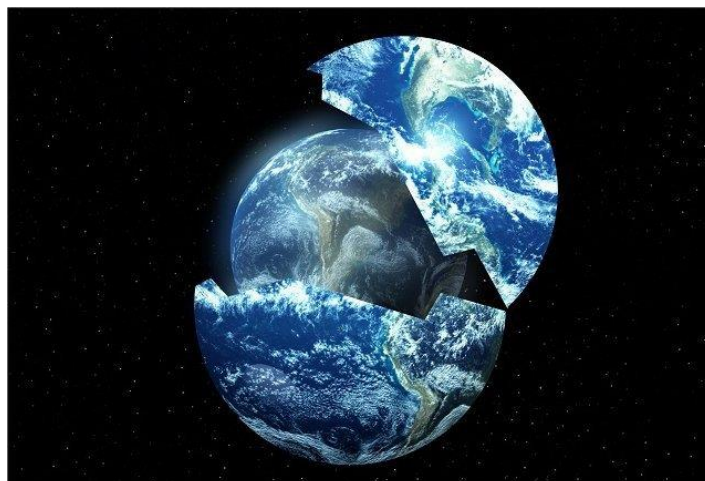
- Develop a deeper relationship with your body elemental or your body consciousness.
- Clear the past life traumas in your lower chakras affecting your physical health.
- Receive Body Elemental upgrade to higher frequencies including DNA upgrades.

BIRTHING GAIA...NEW EARTH WORKSHOP

NOVEMBER 12TH 9:30-3:30 IN NANAIMO, BC INVESTMENT \$150.00

Join me in co-creating A Blueprint to 5D Consciousness, this is a workshop designed to reveal what the New Earth is today, and how your unique spiritual blueprint can be used to support your Ascension process. We will be working together to do a paradigm shift to release all old karmic patterns still affecting the mass consciousness and our beloved Earth, setting up new pillars of light around the globe, increasing our frequency and connecting to the true Adam Kadmon Blueprint.

When awakened to your role, you become part of a much larger plan to help humanity in a planetary shift in consciousness.



EXTRODINARY ENERGY TOOLS AND HOW TO MAKE THEM

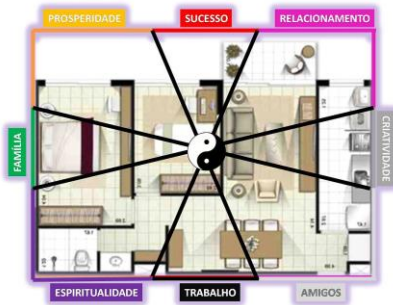
DECEMBER 3RD 12PM-4PM IN NANAIMO INVESTMENT \$66.00, INCLUDES SOME MATERIALS



Everything around us vibrates at a particular frequency and this frequency is related to the movement of the atoms of our physical world. Join me for a fun afternoon and learn to create healing tools that support you on all levels. Discover how certain metals, symbols, frequency codes, crystals and practices can increase your vibration. Learn simple ways to protect you, your home and family from EMF's and other negative sources. Make fabulous energy gifts for you, your friends and family that shift the energy frequency and uplift and radiate higher frequencies.

FENG SHUI FOR 2024

JANUARY 21ST 12:00-4:00PM INVESTMENT \$55.00



Beginning in 2024 with Year of the Dragon, the Feng Shui calendar will begin its new 20-year cycle called Period 9.

This workshop will include in-depth discussions on:

- What is the Feng Shui calendar and the meaning of Period 9?
 - How this shift and the start of Period 9 will impact our lives.
 - How will Period 9 affects industries, new developments, and the prospects and innovations in the future years to come?
- Tips on what to look for and how to prepare for this new cycle.
 - How to shift the Bagua for period 9 and the Northern Hemisphere.
 - Cures and Enhancements for 2024

ADVANCED FENG SHUI FOR 2024

JANUARY 28TH 1:00-4:00PM INVESTMENT \$55.00

*Take your training a step further and learn how to evaluate the period of your home, compass readings for facing and placements and how to incorporate your period with your facing reading and the Period 9 cures and enhancements. **You must have done the previous workshop to attend.***

To register for any of the workshops above: Send the correct amount of the workshop in an e-transfer to soulalchemyhealing@gmail.com Please make a note in the comments as to which workshop you are signing up for and the date!