



DREAMING, WEAVING AND ORDERING THE SHADOW IN THE AKASH **Illuminating paths to self-discovery and transformation**

INTRODUCTION: Shaping Our Reality and Rediscovering Our Essence

Have you ever wondered if it is possible to really shift the reality you experience and return to your original consciousness?

This course takes you on a deeply personal journey, guiding you to work with yourself and your life, ultimately contributing to building a new civilization rooted in New Earth Celestial energies. Embrace the Unity Consciousness of Source as we lay the foundation for a new frequency, vibration, and Qi in every aspect of your being, leading to living in Creator Consciousness.

This transformative process creates harmony within yourself, your life, and your community. You don't have to do anything more than allow the profound impact of this work to exist in your daily life. It is the ultimate personal responsibility paradigm and with these teachings practiced regularly it is quite simple to effect change in our lives and in the world.

Ordering the Shadow for Integrity

Discover the power of ordering the shadow to align your speech, behavior, emotions, and thoughts, fostering a sense of integrity.

Navigating Light and Dark: Insights on Spiritual Harmony

Understanding the Dance of Light and Dark

Explore the crucial interplay between light and dark for spiritual growth.

Instead of viewing them as opposing forces, recognize their symbiotic relationship.

Engaging in a battle between light and dark may indicate a need for inner healing.

Organizing the Shadow and Conscious Dreaming

Discover the balance that organizing the shadow, or unseen, or subconscious, brings - leading to a more complete self-experience. Understand how dreamtime organization positively influences reality, aligning with Universal Creation.

Balancing Polarities

Recognize the supportive nature of both shadow and light.

Prevent polarization by acknowledging positive and negative properties, gaining a clearer understanding of Universal Alignment.

Inner Reflection

Turn inward to identify attachments to external experiences.

Create a Purified Channel

Elevate frequency bandwidth by organizing growth, shadows, and contractions. Understand the continuous organization of newly risen traumas by the Shadow, Creator and Weaver selves.

This is the constant play of light and dark that you will grow to embrace and understand by practicing the techniques taught in this training.

Harmony in Creation

Understand that conflict in darkness (the shadow or unseen) hinders proper birth into the light (our manifested reality, our daily lives).

Global imbalance is caused from humanity's disorder in thoughts, words, and actions.

The Essence of Shadow Work

In this course you will come to realize that the shadow is about harmony, order, love, and unity within, not a battle of good versus evil. Understand that your physical reality, your life is 'the light,' ... literally the manifested reality of your shadow or unconscious self.

Meeting Your Unseen Self

Imagine yourself as the manifested reality of your unseen or shadow self ... in effect you are the talent, the star on the stage. Your shadow is the whole team behind the show making it happen, working with the energy and information you give them. Embrace the understanding that your unseen self, the shadow, can work wonders when acknowledged and communicated with, when you hand over the information - the issues that are there on stage with you, and that arise in your dreamstate.

The stage is your life.

Inspiration for this course

The Wisdom of the Elders



The Elders of the Sierra Nevada mountains

The Kogi, Arhuaco, Wiwa, and Kankuamo have advised us that the Universe has ordered change, urging us to align with harmonious energies for the transformations coming in 2024. This means that the Universe has created change in the no-time Dreamstate and ordered it correctly in the Shadow (the unseen). It is Weaving or expressing into Earth in 2024.

Valentina then asked her Akashic Soul Family (in the Akash) how we can expertly and with ease and grace order our shadow, dream correctly and access our weaver self.

Thus this course was created combining Akashic wisdom, practical Akashic techniques and the messages from the Elders, the Mamos (grandfather healers) and Zagas (grandmother healers).

LET'S GET STARTED:

WORKSHOP ONE - IDENTIFY YOUR SHADOW ASPECT/S AND LEARN HOW TO DREAM CORRECTLY

Meeting Your Shadow Self

Do the tunnel method in the Akash and ask to meet your shadow self.

This could be an aspect of you or an animal or an energy being of some sort.

Usually the shadow self is not what we expect at all. In prior Akashic shadow training the shadow self has ranged from a black version of a white person, a white (albino) version of a black person, a macaw, a cute donkey girl, a male version of a female, an ancestral aspect of self, a black tower full of DNA, and old nomadic version of self.

We can have more than one shadow aspect but let's start with one.

How would you describe your shadow self?

Spend some time with your shadow self communicating and asking them about themselves.

Ask your shadow self, How will I know that a situation in my daily life requires harmonizing or ordering in the shadow?

Ask your shadow self, What am I looking for? .. What is unseen, what am I trying to hide from myself that I don't want to face, resolve, transmute, deal with?

Ask your shadow self, What do you need from me?

Ask the shadow, How will I know that the harmonizing or ordering of energy has occurred?

Dreaming Correctly with Celestite Crystal

Learn the significance of dreaming in the correct order using Celestite crystals

Dreams are the door to Wisdom

Have a routine to release the day - perhaps a shower, perhaps some Reiki or an energetic body wash - go to bed physically, mentally, and emotionally clean. Here are some ideas ...

- ❖ Magnesium and or rose petal baths, essential oils, luxurious body oils, hair mask, beard oil, face mask, gentle body grooming, gentle body loving movements like yoga Qi Gong, calming teas like camomile tea, talking to and grooming your plants, animals, children, partners, loving and relaxing ... endorphin bonding.
- ❖ Electronic devices off 2-4hrs before sleeping - we want our dreams to access our wisdom, not a whole lot of artificially created trash or other people's stuff (as a healer I often felt I was sorting out other people's lives in my dreams, it was exhausting).

Preparing yourself to enter the sacred temple of dreams

Go to sleep, then you dream, that is the correct order (not meditate and then sleep).

Dreaming correctly is the meditation

A short good meditation, good harmonizing in the dreamstate, is enough to revitalize your life.

We put our lives in order in the dreamstate ... then in your dreaming and waking life, you will receive Celestial or Divine messages about yourself and about the Cosmos.

This 'correct dreaming' process allows us to connect up to the correct order of Divine Flow and thus we receive Celestial messages in both our dreaming and our waking world.

Celestite crystals connect you up to your dreams

Celestite crystals enable you to dream with clarity, to remember your dreams and to interpret the information correctly.

Place the crystal on your Heart Shachara before sleep to enhance dream clarity and interpretation. You can also keep it on your bedside table or under your pillow.

Honour that you are now entering the Sacred Dream Temple. You have prepared, you are clean, you are clear ... you are entering the temple with respect and excitement in your heart.

Affirmation before Sleep

Create a personal affirmation or few affirmations before sleep to enhance the dream ordering process based on these phrases from The Elders:

I am a dream healer

My (eg back pain, poverty, relationship difficulty) is a dream

My (specific goal eg an online program, new business idea, retreat, family dynamic, health issue) is ordered in my dreams, I am creating a new reality tonight.

THIS GIVES INTENTIONS FOR THE SUBCONSCIOUS TO WORK ON. OTHERWISE YOUR DREAMSTATE IS SORTING ANYTHING AND EVERYTHING FOR ANYONE AND EVERYONE. IT IS AN ETHERIC TEMPLE OF CONNECTED COSMIC CONSCIOUSNESS SO YOU HAVE TO DEFINE YOUR SPECIFIC NEEDS, AND BE CLEAR THAT YOU WANT TO DREAM ABOUT YOURSELF. DREAMING IS LIKE SCRIPT WRITING - IT BECOMES THE DRAMA OF YOUR LIFE. IF YOU WANT DIFFERENT LIFE SCRIPT, BIG OR SMALL, IT IS CREATED IN THE DREAMSTATE. IF YOU DON'T WANT TO BE BOTHERED SETTING AN INTENTION, YOU GET WHAT YOU GET.

The Morning

Wake up ... feel, write, speak, connect with nature, family, art etc

Honour that you have just been into a Sacred Dream Temple

IF YOU DREAM CORRECTLY, YOU WILL RECEIVE MESSAGES, either in the dream or in your waking world. Pay attention to these messages - if there is a traumatic aspect to the message - give it to your shadow to harmonize & order for you. Same if there is a positive message - give it to your shadow to harmonize & order - manifest for you in the correct way.

In fact - you can give the whole dream to the shadow self for clearing. That is the shadow's job.

Homework 1:

Practice meeting and healing with your shadow self in the Akash. Identify different aspects and clear specific issues.

Homework 2:

Practice dreaming correctly with your Celestite crystal.

WORKSHOP TWO

IDENTIFY WEAVER/CREATOR SELF AND PRACTICE CLEARING WITH SHADOW, THEN EXPRESSING INTO THE LIGHT (YOUR MANIFESTED DAILY REALITY)

Homework Reflection

Discuss experiences and revelations from the homework, did you experience the simplicity of handing issues over to the shadow self?

Energy and Phrase Identification

Look for energies the shadow can work with and phrases that evoke a transformative feeling

Embracing Becoming the Shadow

Trust in the ordering abilities of the shadow self and embrace becoming the shadow in meditation for significant clearing

Honouring the Temple of Dreams as the place where life's scripts are created

Share how dreaming with Celestite has been for you.

Was it traumatic at times?

Was it surreal and beautiful to create new life scrips in the dreamstate?

Did you receive messages?

MEET YOUR WEAVER SELF

Connecting with Your Weaver Self

Do the tunnel method in the Akash and ask to meet your weaver self.

This could be an aspect of you or an animal or an energy being of some sort.

Once again this may not be what you are expecting ... be open to how they present themselves.

So far in these training sessions, we have found this to be one person or field of energy but perhaps you have more than one, the more you practice, the more harmonious you become, and thus the more is revealed to you.

How would you describe your Weaver self?

Spend some time with your weaver self communicating and asking them about themselves.

Asking the weaver self, What am I looking for? Will situations just change, will roadblocks just disappear, will I receive a message, how does this work for me specifically?

Ask your weaver self, How will I know that a situation in my daily life is now harmonized?

Ask the weaver self: Is there is anything else I need to know from you?

Ask the weaver self: Is there is anything you need from me?

Expressing into the Light

Dream with intention, clear with your shadow self and invite your weaver self to express into the light, thus affecting your daily life.

We talk about this in the workshop and you can practice in your own time.

Be open to experiencing your own amazing creative process with this relationship.

WHERE TO NOW?

Progress and Intentions

Practice the techniques and set specific intentions for clearing a range of issues in your life, plus bringing in specific manifestations.

Visualization Tool

Use an 8 point circle graphic to visualize and manifest your intentions in various life aspects - graphic provided.

Embark on this inspiring educational journey, weaving harmony and transformation into the fabric of your being. Embrace the dance between light and dark, honor the wisdom of the Elders, and manifest the harmonized changes ordered by the Universe. This is achieved by simply being open to how your Shadow, Dream Creator and Weaver self interact - ask them ...

How do you work individually and as a team?

How can I best master this process?

May your journey be filled with clarity, order, and profound growth.

These techniques will change your life profoundly and permanently.

If old issues arise, they will clear quickly, and are there to remind you to ...

Create in the Dreamstate.

Order in the shadow.

Weave the ordered creation into your life.

And thus conscious creation by conscious creation, life everywhere upgrades.