



marimendoza.com

Cosmic Wisdom, Sacred Earth

A Multi-Dimensional Experience
Quantum Portals of Wisdom Teaching



WELCOME TO COSMIC WISDOM, SACRED EARTH PORTAL

MARI MENDOZA HEALING ARTS

COSMIC WISDOM, SACRED EARTH

- This is an experiential teaching that explores the Medicine Wheel, and the Cosmic Energies of our Galactic Chakras.
- Each session walks us through the portals to create balance, healing and stability.
- You will discover ways to find balance in your life and have an experience through working with the cards, teaching and meditation.
- There will be opportunities to ask questions.
- *We are stepping away from traditional linear thinking and exploring our multidimensional selves.*

COSMIC WISDOM, SACRED EARTH

COURSE OVERVIEW

- Session 1 - "**Balance**"
- Session 2 - "**Respect for the Body**"
- Session 3 - "**Joy & Creativity**"
- Session 4 - "**Expansion & Freedom**"
- Session 5 - "**Clarity & Focus**"
- Session 6 - "**Ascension - Cosmic Connection**"

SESSION 1 - BALANCE - 1

A DEEP DIVE, 3 SEGMENTS

- Preparation for stepping into the circle
- The Beginning - it is a centering, the starting point
- Starting with breath, we do a clearing, in order to fully step into the teaching
- Focus our intention
- Anchoring through your core, you center and stabilize
- The balance of the Sun and Moon, Masculine, Feminine, Condor & Eagle, Heaven and Earth
- The starting point of this entire course, Cosmic Wisdom, Sacred Earth



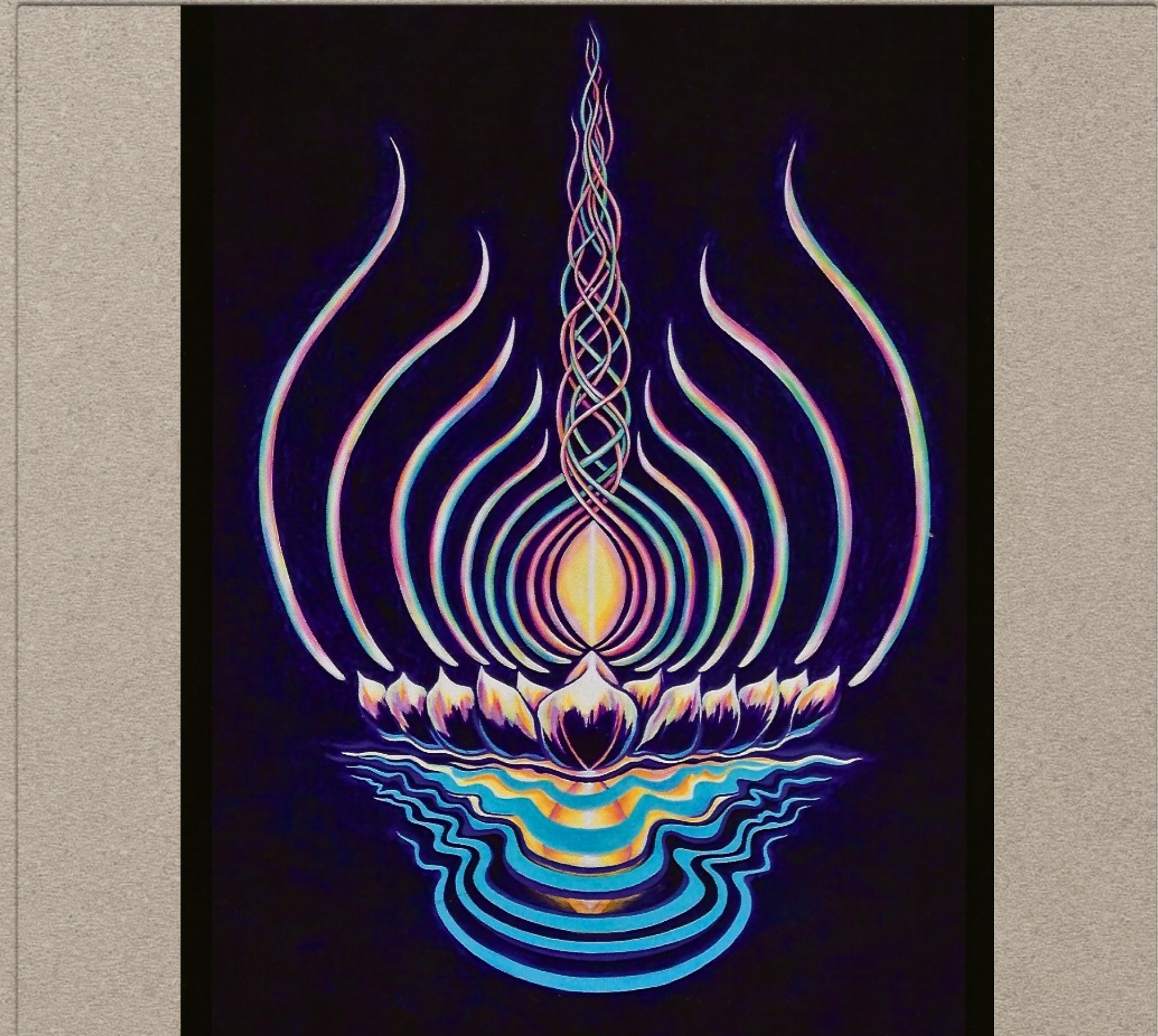
SESSION 1 - BALANCE - 2

- As we call Divine Love around us in the ancient Tantric tradition, Ganesh is the one who breaks apart the old foundation
- This assists you to let go of all the old limitations & structure that keep you stuck
- Rise up through the beautiful energy of the Sri Yantra
- Experience the Crystalline Light that is Pure Crystalline Consciousness
- Transmuting and rising up through density, clearing old foundations of safety, sex, and power
- Relax, breathe and move into Peace, Love and Joy as we release the limiting beliefs
- Preparation to move up into the Heart - the new Root Chakra of this moment



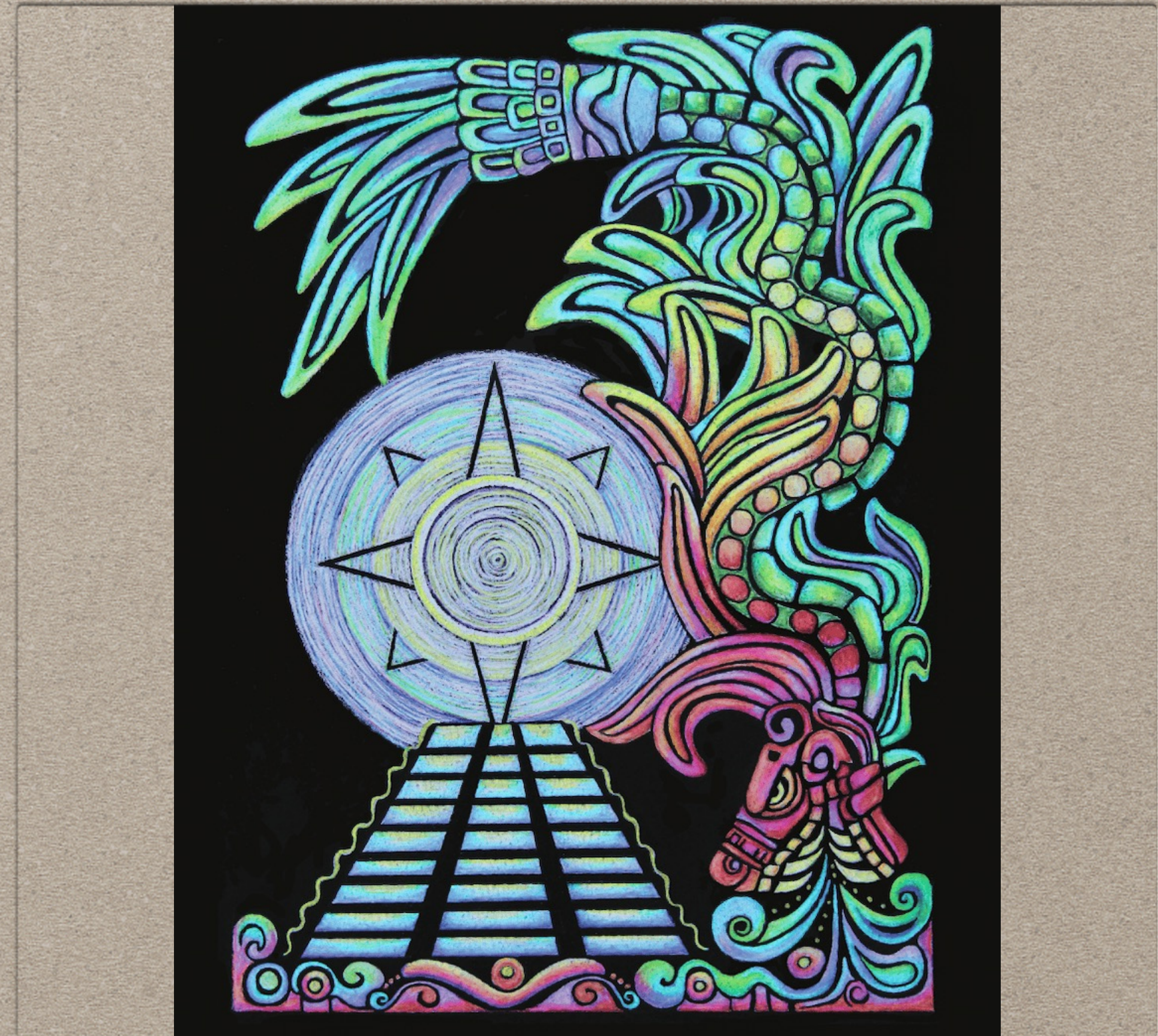
SESSION 1 - BALANCE - 3

- Lifting through Sound into the Lotus of Divine Presence
- Stabilizing through the Ascended Heart, the heart chakra or the Hridaya is the Divine Lotus
- The Divine Lotus becomes the Portal, stabilized and anchored to allow lift
- Become the Chalice of the Divine
- Preparing, Clearing, and Anchoring in Trust
- Starting point that assists stepping into the energy of the Chakana, the Andean Medicine Wheel
- The energy that we will be working with as we flow through the stabilization of your Divine Presence on this Sacred Earth



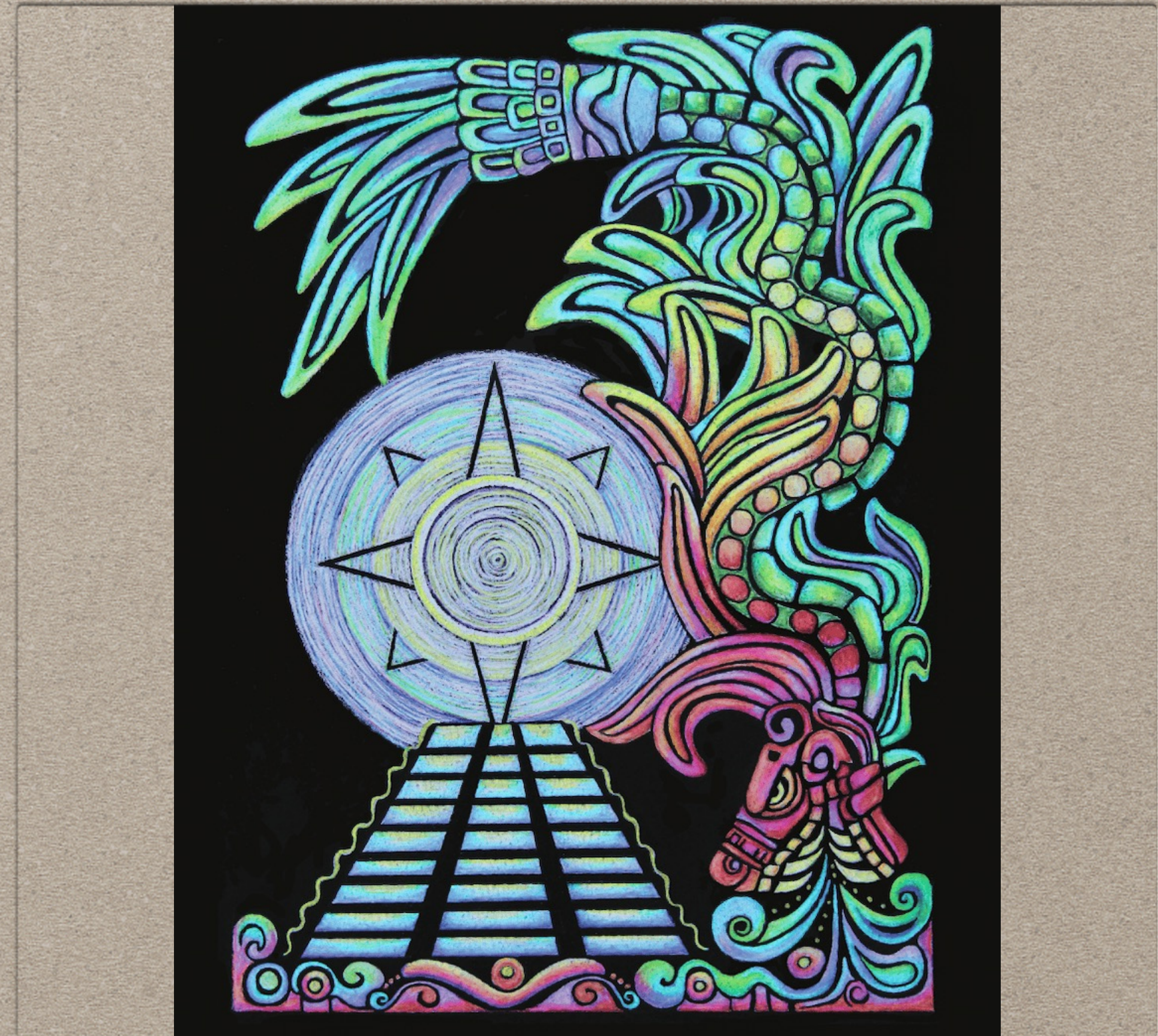
SESSION 2 - RESPECT FOR THE BODY

- This session begins with the image of the Feathered Serpent - the return of Quetzalcoatl - bringing Heaven to Earth
- Moving up the steps of the Pyramid
- Moving through the Nine Veils into the Portal of the elevated physical
- Respect for the Body, the Vessel which allows us to be in this Realm
- The image of the Seed and the Womb, representing Life here in the Physical
- The great blessing of Creativity and Creation
- Balancing of all the Chakras - spiraling into this Realm - Quetzalcoatl
- Focus - Earth - Physical - South - an honoring of the Body - the Divine Vessel



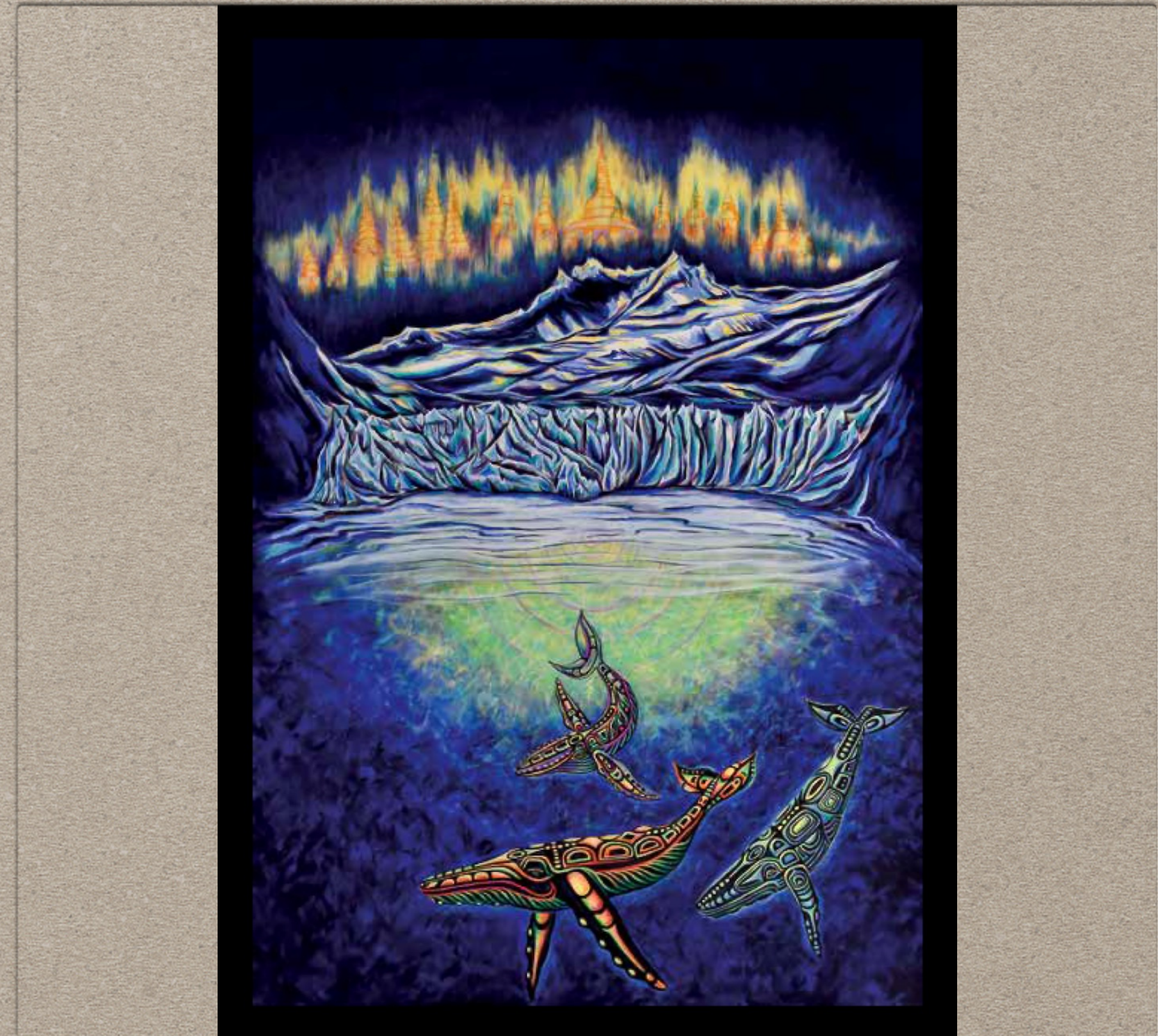
SESSION 2 - RESPECT FOR THE BODY

- All of the Ways that You Nourish Yourself
- Food as Nourishment, and Support for the Vessel
- Movement and keeping the Body, Healthy, Fluid and Flexible
- Blessing and Honoring your Body as a Divine Temple
- Consciousness - Meditation and raising your Frequency
- Honor and help the Body to stabilize all of the Energies and Frequencies coming in from the Cosmos
- Allows the Divine Illumination to ground into the Physical



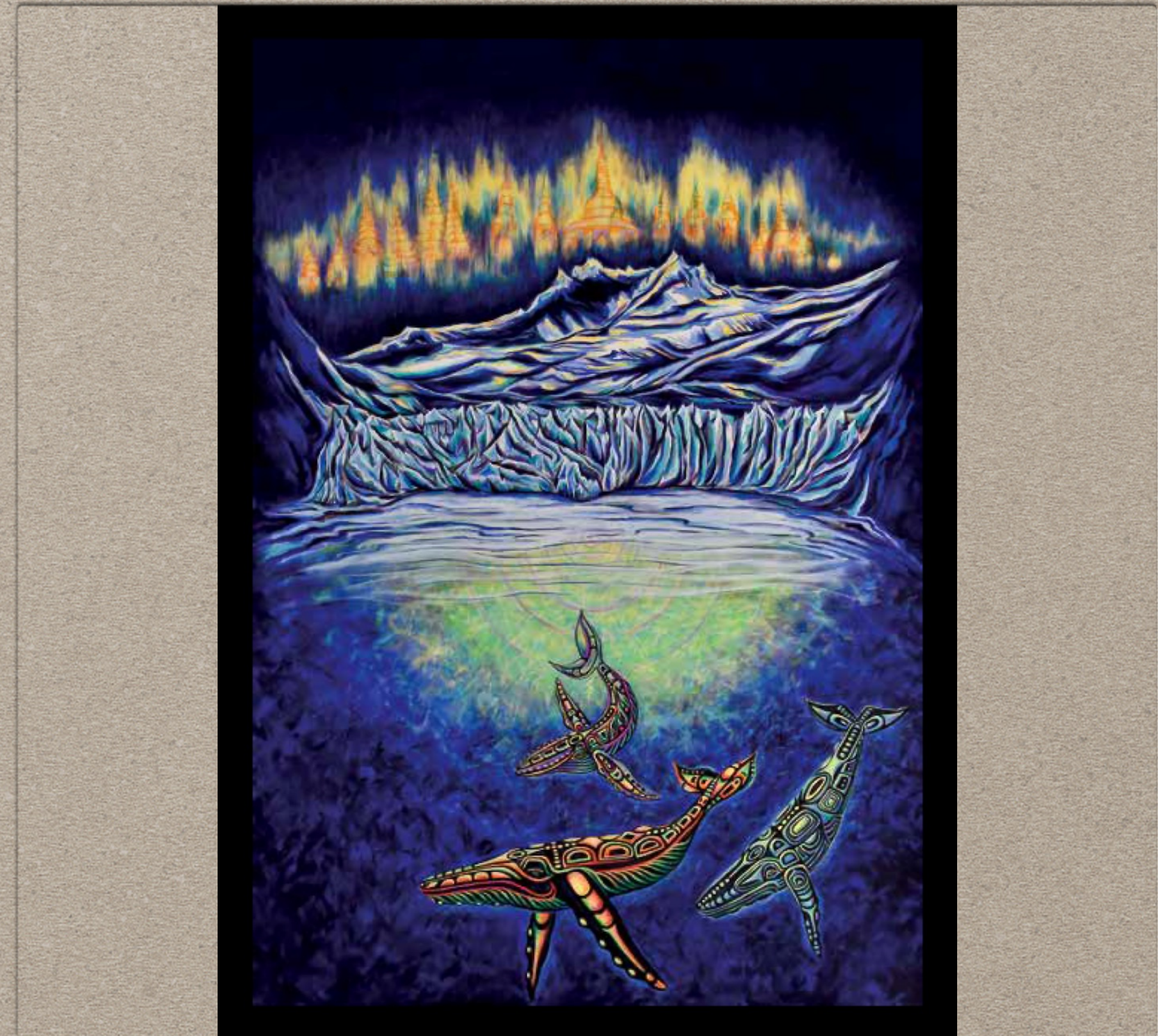
SESSION 3 - JOY & CREATIVITY

- We dive into the energy of the Water - the different levels of how Water influences your life
- The Moon, Water and the Feminine Energy
- Flow of Creativity - Sacral Chakra - Creation
- The Flow of Emotion - Stories - Identity
- Flow of Expression - Sound
- Sacral Chakra - the way we carry old stories, and the old emotional imprints that get in the way of your Creation
- Focus - Water - West - Moon - Emotions - Creativity



SESSION 3 - JOY & CREATIVITY

- Purifying and Honoring the Water
- Explore the Sacred energy of Water - Consciousness
- You are Water - Water in the great Oceans, Water beneath the Earth, Water in our cells
- Water is all around us
- This Portal will allow us to dive into the energy of Water and find the Balance
- We will explore what Water means to us
- As we recognize that we are all Water, in our bodies, our sacral, sexual energy, tapping into fluidity and movement
- We honor all the levels of this Sacred Element



SESSION 4 - EXPANSION & FREEDOM

- Moving around the Chakana - The Medicine Wheel - into the realm of Spiritual Healing
- This is our connection to the Wisdom of the Ancients
- Rising up, this is the portal of Higher Realms of Expansion and Freedom
- This portal offers the transmutation of the Phoenix
- We lift into the Superior Realms of Light to explore and open to something different
- Mountain ranges carry very high frequencies - Crystalline
- Crystalline frequencies - soaring with the Sacred Birds on the Wind
- Focus - North - Wind - Phoenix Eagle Condor Hawk



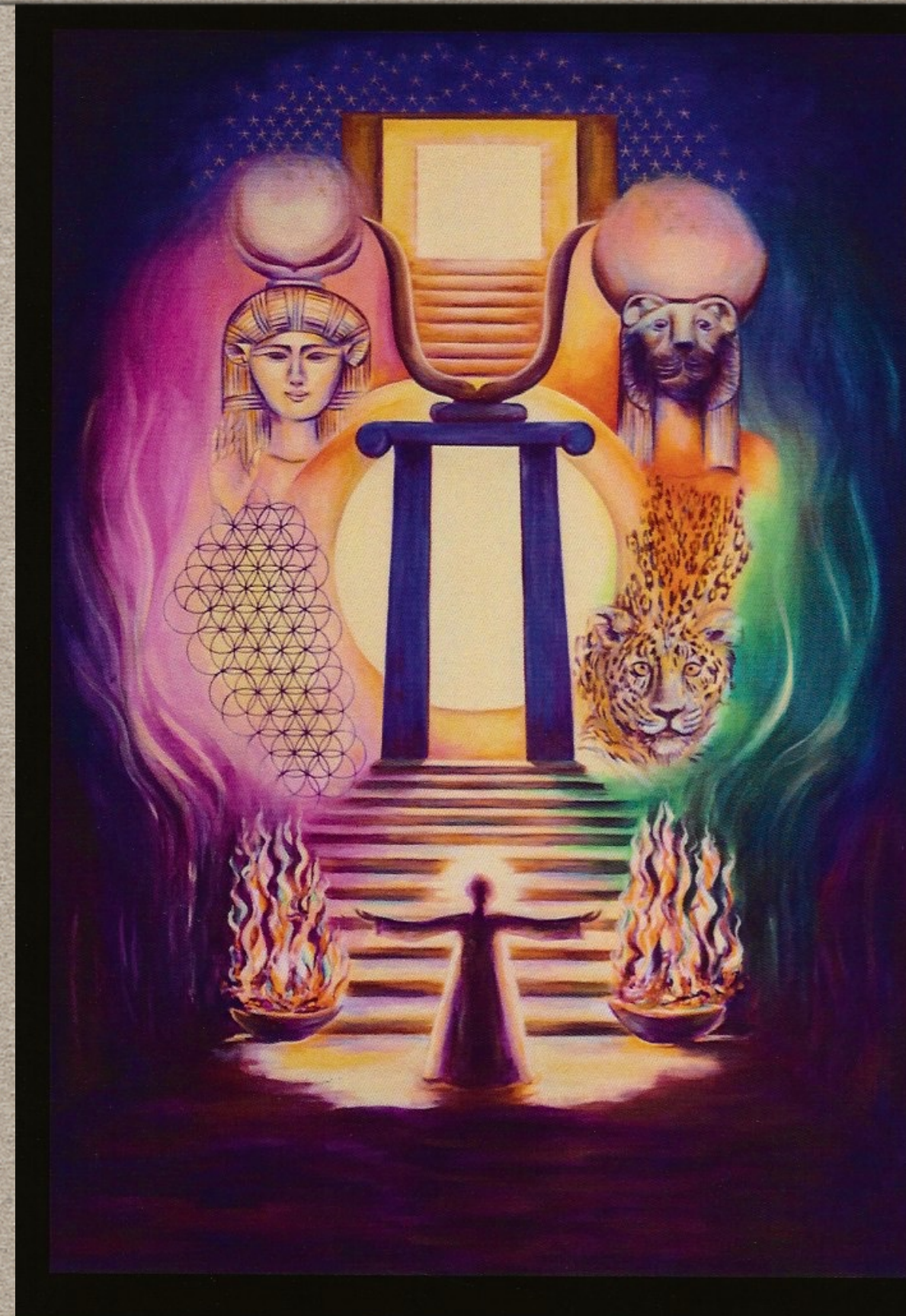
SESSION 4 - EXPANSION & FREEDOM

- A practice to connect into and be inspired by the Great Wisdom coming from the Cosmos
- It is your divine birthright and privilege to access Ancient Wisdom
- Remember that you have a Divine Connection with the Cosmos
- Allowing yourself to rise above the density world and access high frequency light and information that is flowing in from the Divine
- To become the Witness
- To become inspired by a new viewpoint
- As you become the witness - Keeping your Eyes on the Divine
- The opportunity for Transformation, to lift above the way you normally view your world and expand your vision
- Balance between Heaven and Earth



SESSION 5 - MIND & CLARITY

- This session is a powerful focusing on the Mind & Clarity
- **Rising through the Gateway for Transformation**
- Examining our thoughts, and the inner dialogue
- Release the ego, the small mind, the undeveloped parts of self (limiting beliefs, negative thought forms)
- The energy of the Jaguar and the Fire of Transformation
- Focus - East - Sun - Mind - Jaguar



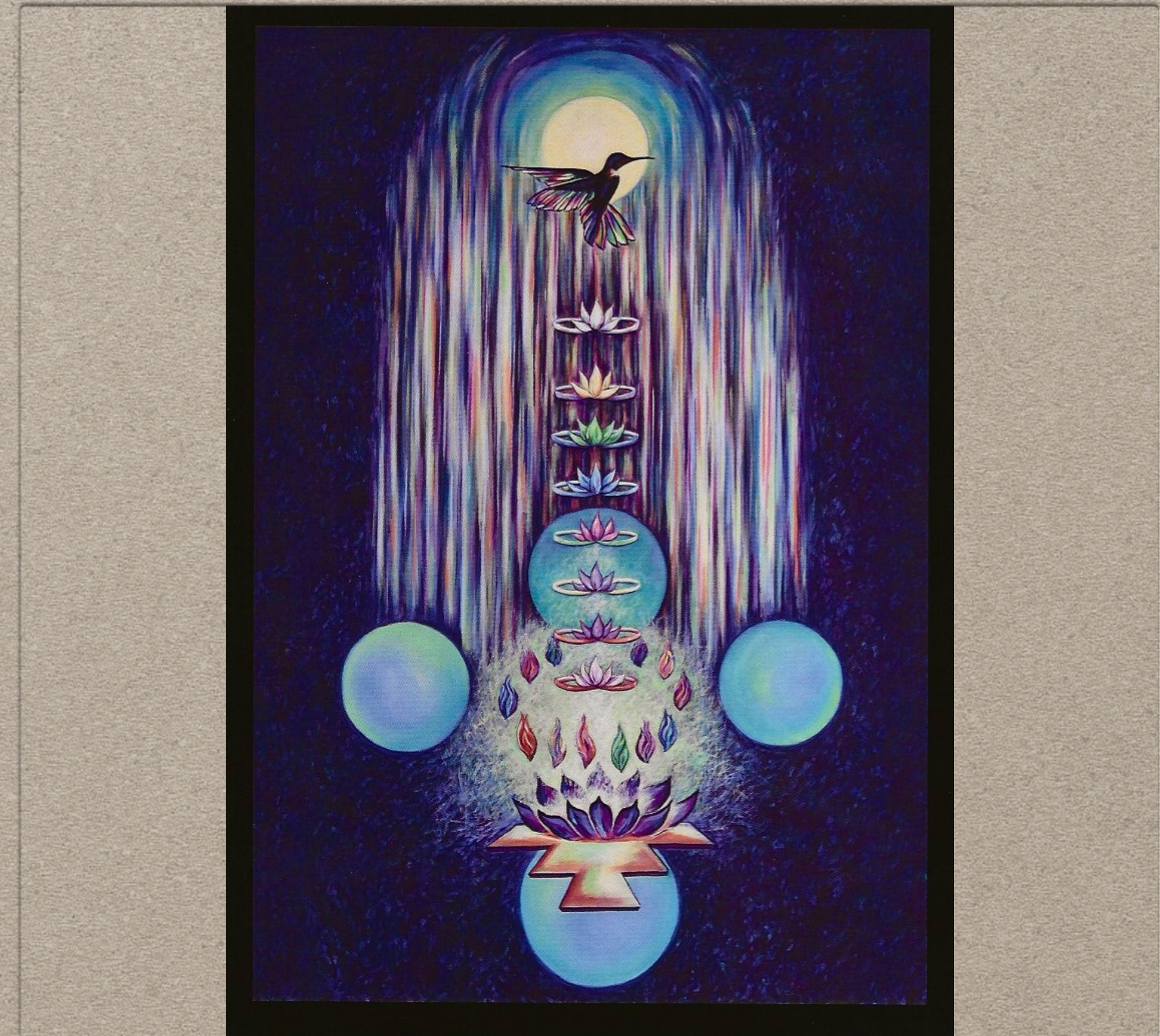
SESSION 5 - MIND & CLARITY

- Stepping into the Fire, exploring Solar Consciousness
- Sacred Fire - The Element of Our Creation
- The ability to recognize and transmute all of the old ideas
- To step into Higher Mind - Divine Mind
- The Portal of the Sun
- Sacred Fire that brings Inspiration to assist us to remember Who We Are



SESSION 6 - ASCENSION - COSMIC CONNECTION

- Stepping into the Middle, we will begin to really see our Multidimensionality
- How we bring our experiences, our explorations, and all the gifts that we've gathered into this moment, from our travels through the Cosmos
- This is the combining of all Elements to Balance
- Here we will explore the Rainbow Bridge
- This is the center of the Chakana and is the beginning of lifting and connecting into the Cosmic Chakras as we lift into the Infinite
- Divine Connection - Heaven and Earth



SESSION 6 - ASCENSION - COSMIC CONNECTION

- The Rainbow Bridge holds the energy of many portals
- Starting point - Gateway from the Chakana - Sacred Earth - into Cosmic Wisdom
- This allows for an exploration of Balancing: Heaven-Earth, North-South-East-West, Center, Water-Fire-Earth-Air
- Ether - Siwar Quenti - Royal Hummingbird
- As we move up through this Portal - Experiencing - The Rainbow Bridge - Pure Crystalline Frequencies
- We begin to access the incredible beauty of Illuminated Soul
- The energy of Service - Love-Wisdom - the highest Frequency and Vibration - Presence-Center
- Portal to the Divine Realms

