

## Introduction to Session 2

*Hello Divine Ones*

Here we go! Our next session starts **Sunday, May 7th, 9am PT... 12 ET**

How has this journey been for you, so far? No matter when you enter this portal, the energy is unfolding for the journey and is recorded in this moment with all of the energy in the Cosmos that is flowing in.

Trust that you will receive all that you need.

As we enter into this Full Moon of May with a powerful Lunar Eclipse , what a perfect way to step into this teaching!

The transformational energy of this huge upgrade and Solar Eclipse, shadow/ revelation is potent!

As we enter into **Session 2 - Respect for the Body**, we have been prepared by moving through the practices of the first week.

Finding balance and focusing on centering ourselves, we move through the first portals in order to stabilize and really anchor into our core and lift our energy.

Now we can continue forward and begin our journey around the medicine wheel by stepping into the direction of the South.

It is the beginning of the journey around the Sacred Earth, the Chakana, the Medicine Wheel.

The South is the foundation, and the starting point.

The focus is the Earth and the guardians associated with the direction of the South, and it is also the physical body.

We will explore the different aspects of what that means.

As we continue this journey, we open to and discover the sacredness of our physical vessel that is the Body Temple. It is extremely important in this moment to pay attention to your body and how you care for yourself, how you nourish yourself, and how you think about yourself.

It is an opening to the next level, a new relationship with our bodies.

To have respect for our body and how we see ourselves.

Think about it, your physical vessel allows your Soul to be here in this realm.

It is literally your space suit!

We will also explore the sacredness of our physical home, the Earth, known as the Pachamama in the Andes. Essentially, what is our relationship with ourselves, with the Earth Mother, and all of Life.

It is a grounding into this particular coordinate- a moment in space-time... a moment in quantum time, an opportunity to experience the expansion into a New Template for Earth.

It is an ancient practice, and simultaneously a new practice and prophecy of the future.

The idea that we are bringing in the codes now that will move us forward in these Ascension Frequencies.

The Earth has been seeded with Codes and Information for eons of time so that when the time was right, we would wake up and remember.

That time is now!

As you prepare for the next session, remember that there are some support tools available for you....

- You can rewatch the first video and realign with some of the parts of the first session that really anchored in the alignment with our Divine Presence.
- The Chakana meditation is a beautiful balancing into the energy.
- Or perhaps you look over some of your notes, if you journaled.
- If you experienced an emotional detox or felt challenged in anyway, the PDFs are provided to just give a little bit of an outline of what to expect if you get triggered.

Trust and Breathe!

How ever you prepare, bring your heart and full attention to this moment for deep reflection and rebirth!

As we move forward, I bow in deep gratitude for your presence here and our journey together through this teaching.

Many blessings and peace,

I will see you on the call, happy full moon! ~ Mari