

FIND YOUR BLISS

A photograph of a person's back, showing their shoulders and upper back. They are holding several stems of baby's breath flowers (Gypsophila) against their skin. The person is wearing a dark, possibly black, strapless top. The background is a plain, light-colored wall.

**FREE MASTERCLASS
PRACTICES**

Reclaiming your Magical Powers

PAULAMIE DAS

1st PRACTICE

Embodying your Highest-Potential

- Stand in front of a mirror, or open your camera to a selfie setting
- Take a few moments to look at yourself
- Now look at your right-eye and repeat this affirmation 3 times,

“I AM my highest potential embodying my strengths & magic in this body creating my magical life now.”



- Now look at your left eye and say,

“I AM my highest potential embodying my strengths & magic in this body creating my magical life now.”



2nd PRACTICE

Change the cycle of “Pain-Matrix” to “Bliss-Matrix”

This is one of the practices of ALCHEMY, and it enhances your powers for alchemy. This is one of the most powerful practices.

- Close your eyes and remember the difficult times you had to face and the pain-matrix it corresponds to. The pain-matrix can be of betrayal, abandonment, hurt, grief, depression, low self-worth.
- As you remember this see it play in front of you on a white board or a white - screen
- Take your time
- Place your left palm, open & facing, the white-board or the white-screen, where you are visualizing the situation
- Visualize electric-violet light coming out of your palm
- Move your left-palm over the white screen without touching, as if it's an eraser and the violet-light coming out of your palm is erasing the situation as well as the pain-matrix, completely out of your system



2nd PRACTICE

Change the cycle of “Pain-Matrix” to “Bliss-Matrix”

- Keep moving your palms throughout the white screen till you feel the situation completely erased
- Now visualize the feelings you want to associate with the situation & its outcome playing in Gold on the screen or, see the feelings written on the screen in Gold and feel the sensations in you, in your body
- Take your time doing this as this is the second stage to this alchemical practice
- Feeling this new matrix of joy, happiness and beauty
- Take your time
- And you are done!!!!



3rd PRACTICE

An unique Technique to Protect Yourself

- Sit comfortably & close your eyes
- Focus on your breathing and relax yourself
- Slowly move your focus to your Heart -Center
- Feel your Heart-Beat
- Now move to your Throat, then focus on your Forehead, then to your Crown
- At your crown you feel a connection and as you raise your consciousness above your crown, you are feeling your Antahakarna, your Rainbow-Bridge
- Let the sensations prevail, feel them
- Visualize the Antahakarna as a Rainbow Light or a Sparkling White Light

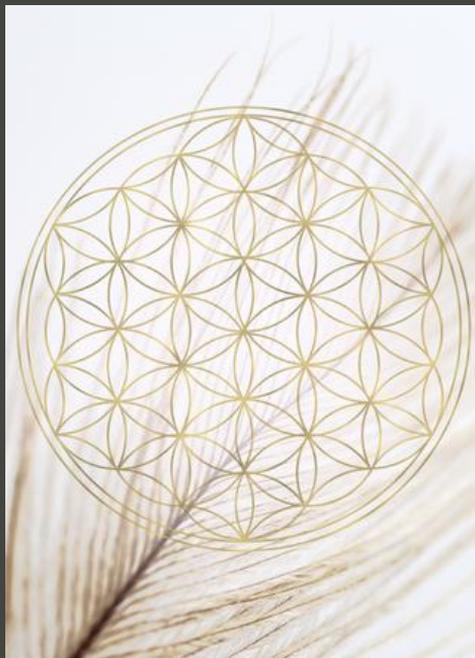


3rd PRACTICE

An unique Technique to Protect Yourself

- As you focus on it, it starts expanding
- Slowly visualize the Rainbow bridge covering your whole body, you are inside this breathing and living matrix of your own higher-consciousness
- Now I will engrave the power of the mantra in your higher conscious aura and you can chant with me visualizing this energy in your new aura of antahakarna
- Before chanting place this request,

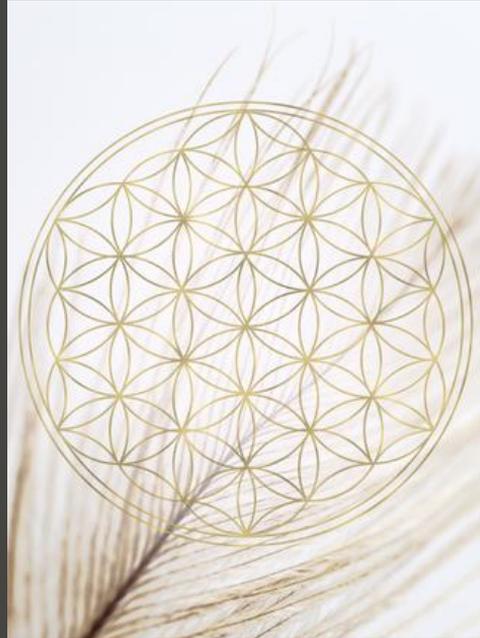
"I request
my higher consciousness
aura, the Cosmic Angel of
Aum Mani Padme Hum
and the Goddess of mercy
Kuan Yin to protect you from
unsavory cords and negative energy
affecting me"



3rd PRACTICE

An unique Technique to Protect Yourself

- Chant the mantra AUM MANI PADME HUM 9 times
- After chanting, take a few deep breaths slowly and deeply, letting the energy ground itself in you.
- Feel your higher vibes
- Nothing will be able to touch you with this protection



Practicing Gratitude-Prayer

One of the most powerful technique for Starseeds and Lightworkers for getting our power back is a practice of a life-time.

For starseeds and Lightworkers to get back to their real-Self which this entire Masterclass was about, we have to awaken the Twin-powers within.

The Twins are in us waiting to be married+merged so that all the collective & ancestral karma we store within us which is why our Karmic cycle feels unending, can be dealt with and so we let our good-times, our divine destiny start playing.

With this program of **GRATTITUDE-PRAYER** we are merging two divine counterparts, the Twins who when come together create miracles, as they have creating in scores of life!!!!

Everything in this entire cosmos is made of yin & yang but in some the yang energy is prevalent so it becomes the masculine, and the other in which the yin is prevalent becomes the divine feminine. When we know balance these energies not veering to only one, in every aspect of our life, we create space for miracles, like this program being one.



Practicing Gratitude-Prayer

PRAYERS are one of the most powerful tools of manifesting and so is Gratitude. What comes when they come together?

Find out what they can do with the first FREE 11-days of Gratitude-Prayer Program that is promising to unlock your Highest and Best-Self, forever.

What happens when you unlock your best-self?

- You set an avalanche of blessings and miracles coming to you.
- You reach faster solutions when problems aren't even on horizon.
- You become your own "Oracle" knowing "When" and "What to do".
- Rather than "hustling" you are "shown the path".
- You're protected from lecherous people and difficult situations.
- We start TRUSTING our-self and our Universe – The Source" again.
- This also promises to HEAL you.



Practicing Gratitude-Prayer

Gratitude-Prayer is a simple technique when incorporated can bring greater mastery over our life. This is how we can use this program to create and build,

- Talk or write the Gratitude-Prayer as if you're in conversation with the Source and your Angels.
- Including the Angels helps our subconscious, which may feel it real.
- Using gratitude will automatically impress this belief that it has already happened to our subconscious.
- There are certain “words” & “phrases” used in these prayers to trigger our Abundance-Code.



Practicing Gratitude-Prayer

- Through this technique we're also acknowledging & accepting our own responsibility of our past actions and surrendering our present & future to the Angels, the Source, thus giving the Higher-Power space to create & manifest for us.
- We are claiming our power back.
- Without TRSUT nothing happens. This program will build-up your belief and change your inner-matrix of thoughts which were the real barriers to success so that you can see real miracles happening.



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Awakening Lightworkers & Starseeds

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