

The Shift into 2021: Releasing the Heaviness of Your 3D Experience

Instructional Guide

Congratulations and welcome! You are about to embark on a journey into the next level of you!

To offer you the opportunity to experience and achieve the best and highest results in using the audios and additional material offered here, please follow these guidelines.

Please be sure to read the Polar Harmonics™ Guide before listening to the Activations.

It is best to begin in the order that the audios are offered. Once you have listened, and received the Activations, you may then move around to whichever one you are guided to use at any given time, but until then, please do them in this order.

For best results, there are 9 Activations, so doing them at least 3 days apart is ideal to take you through 27 days of healing and clearing work before you move into The Divine Enfolding™ exercise. The Activations will prepare your energy field, and body, to be able to easily receive what the exercise offers you and the journey you will experience with it.

Please note that if you feel it would be helpful to receive any of the Activations again before you move into The Divine Enfolding™ exercise, definitely do so. Due to there usually being layers of energy to move through, it may be necessary, or helpful, to receive an Activation again before moving on. Listen to your intuition and what your energy is revealing to you as you move through each one. There is no hurry to move through them.

Also, please stay well hydrated while listening to all the audios and for at least 3 days after each. This assists in your energy field and body acclimating to the changes occurring for you from this work. If you are not hydrated enough, then you may feel more tired as this occurs for you.

Polar Harmonics™ Activations: (In this order for initial use)

1. Resetting Your Birth Energy –

This Activation switches you into resetting the energy of your gestation to birth with love, peace, calm, and enthusiasm for all that is available through this human experience. The 9-month gestation and birth process are to prepare you for the being in human form. You'll reset your entry into this physical world with joy and love for the exciting adventure and journey your soul intended it to be.

2. Loving Yourself for Being Enough –

This Activation switches you into falling in love with, and accepting, yourself fully as the amazing, magnificent and beautiful being you are and always have been. You'll know that you are more than enough and accept yourself as such because you are so incredible and unique, and you deserve all the good that is waiting for you to receive it.

3. Connecting with Your Value and Worthiness –

This Activation switches you into knowing your value and worth as the divine being you are to experience the best in your life and have that reflected in your heightened state of deserving and receiving it. You'll tune into your value and be able to allow the things that are equivalent to that to come into your life with ease, grace and flow.

4. Being Open to Receive Love –

This Activation switches you into allowing yourself to receive new expanded levels of love and opens you up to experiencing love in ways you have limited it before. You'll be able to openly and freely allow more love to flow in and for you to graciously receive it.

5. Balance of the Human and Spiritual Sides of your Being –

This Activation switches you into allowing balance in the spiritual being side of who you are in truth and the human being side of who you are while incarnated in this physical reality. You'll feel whole and balanced in your connection with your higher self and higher energies as well as feeling grounded and embrace living in your physical reality too.

6. Opening Your Heart to Love –

This Activation switches you into allowing the walls you have created around your heart to fall away. You'll finally let the walls around your heart come down and open yourself up to receiving deeper and greater love into your life and flowing through all of your relationships.

7. Remembering Your Divine Self Connection –

This Activation switches you into remembering that you are part of the Divine Universal Consciousness that creates all things. Allowing yourself to tune into that connection, opens the space for you to experience more of the truth of who you really are and why you chose to come into this physical, human reality. You'll feel a deep connection and part of the source from which you came.

8. Being Receptive to Higher Levels of Consciousness –

This Activation switches you into opening yourself up to being receptive to what is available at higher vibrational levels of consciousness, allowing your perception and reception of what is in your life, and available to you, to expand. You'll receive expanded levels of consciousness and higher awarenesses that allow you to better understand the human experience from a divine perspective.

9. Being able to Access Higher Vibrational Frequencies with Ease –

This Activation switches you into being able to access higher frequencies by tuning your vibration, both energetically and physically, into these high-level energies to connect with them more easily and smoothly. You'll be able to raise your vibration to

be in resonance with higher energies, beings, and frequencies to easily access them and receive what they are able to share with you.

Once you have completed listening to, and receiving, all of the Activations above, it is time to move into experiencing The Divine Enfolding™ Technique.

There are 2 audios for the Divine Enfolding™.

The first audio is information about it and an explanation of the technique. Please listen to this at least once first before doing the exercise.

After listening to the first audio, you can then move into the second audio which is the exercise by itself for ease of listening as you continue to use it.

The Divine Enfolding™ Technique

The Divine Enfolding™ is a proprietary energetic exercise that allows you to connect with Divine Unconditional Love to bring you back to the Oneness from which we all originate. Once connected with this highest frequency of love, you are able to allow it to permeate all of you, and you fall in love with yourself in new and deeper ways. From this level, you are able to love everything and everyone unconditionally and just as they are. This brings you back to the truth of the connectedness, and the illusion of separation falls away.

Your life changes in ways that open you to looking at all things through the eyes of love. You have a deeper level of compassion, forgiveness, and love for your life and everything you experience in it. You live in a calm, peaceful state that is unshakable by the world around you. You have the power of love on your side, and you know how to tap into it, so you feel the fullness in how much you are loved, never needing to look for it anywhere else but within yourself and your connection with the Divine.

Any questions? Please join my private Facebook group to interact with me and receive more high vibrational information and updates.

Join my Facebook group ~ *Your Divine Self Playground* ~ at <https://www.facebook.com/groups/elevateyourspiritualjourneyplaground/>



With love and appreciation,
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