

Plant Medicine Series

Register for all 5 classes by Jan 1st and save!

Thrive and Shine Member Price: \$450 before Dec 30 or \$550 after Dec 30

Non Member Price:\$900 After Dec 30 \$1100.

Embark on this Sacred Journey, exploring and learning from these powerful plant teachers. Each class offers you the opportunity to work with a plant medicine for 4 weeks while being guided in shamanic journey. Each month we will energetically journey to the Plant Teachers place of origin and receive powerful energetic upgrades and information. Think of it as a mini dieta!

Your Series includes all 5 Plant Medicine Classes, the Plant Medicine of the month, along with all 5 LoveShip Ceremonies.

Each week's class is 90 mins and recorded for your library.

This Series is the perfect way to connect deeply with the Master Plant Teachers that support your physical health, spiritual growth and spiritual evolution!

Blue Lotus- Egypt

Jan 5-26 5- 6:30pm PST

Thrive and Shine Member Price: \$110

Non Member Price:\$200 for individual class

Includes Blue Lotus Tincture made with Egyptian Blue Lotus, Mount Shasta Water & Brandy

Jan 5- Journey to The Banks of The Nile River to Meet Hapi the River God & Blue Lotus

Jan 12- Journey to Your Akashic Records

Jan 19- Journey to The Paw of the Sphinx

Jan 26- Journey to The Egyptian Pyramid of The Sacred Temple of Isis
"Temple of Isis Mistress of the Pyramid"

LoveShip Ceremony New Beginnings Jan 10 6-9pm PST

Thrive and Shine Member Price: \$54 Non Member Price: \$108

Chiric Sanango- Peru

March 3-24 5-6:30 pm PST

Thrive and Shine Member Price: \$110

Non Member Price: \$220 for individual class

Includes Chiric Sanango Tincture made with Chiric Sanango, Eclipse Water and Brandy & Shipping

March 3- Journey to The rainforest to meet Grandfather Chiric Sanango

March 10- Journey into The Bone and Marrow- structure and form

March 17- Journey into the Tissues and Muscles- Action and Movement

March 24- Journey into New TimeLine

Love Ship Ceremony Spring Equinox March 21 6-9pm PST
With Special Guest Sierra Marin

Thrive and Shine Member Price: \$54 Non Member Price: \$108

Cacao- Mexico

June 2-23 5- 6:30pm PST

Thrive and Shine Member Price: \$110

Non Member Price: \$220 for individual class

Includes Ceremonial Cacao for Ecuador & shipping

June 2- Journey to the Sacred land of Mexico to meet Mamacita Cacao

June 9- Journey - fly with Quetzalcóatl (the feathered Serpent) into the Sacred Heart of Cacao

June 16- **Special Guest Christine Ferris-** Journey with Itzamná (The Mayan God of Creation) into your Heart of Love

June 23 Journey with Mayan Goddess Ix Chel Into Your High Heart Timeline

LoveShip Ceremony Summer Solstice June 20th 6-9pm PST

Thrive and Shine Member Price: \$54 Non Member Price: \$108

Bobinsana- Peru

Sept 1-22 5-6:30pm PST

Thrive and Shine Member Price: \$ 110

Non Member Price: \$220 for individual class

Includes Bobinsana Tincture made with Bobinsana, Mountain Spring Water & Alcohol & Shipping

Feb 5- Journey Into The Heart of Bobinsana

Feb 12- Journey With Your Bobinsana Dragon To Meet Your Higher Self

Feb 19- Journey Your Bobinsana Dragon to The Galactic Realm

Feb 26- Journey with your Bobinsana Dragon to Your Future- Jumping Timelines

LoveShip Ceremony Autumn Equinox Sept 19th 6-9pm PST

Plant Medicine Ceremony On Line

Thrive and Shine Member Price: \$54 Non Member Price: \$108

Reishi- India

Dec 1-22 5-6:30pm PST

Thrive and Shine Member Price \$110 for individual class

Non Member Price:\$220 for individual class

Includes Reishi Tincture made with Reishi Mushroom, Mountain Spring Water & alcohol & Shipping

Dec 1- Journey to the Sacred Mother Land of India to meet Master Reishi

Dec 8- Journey into the third eye of consciousness

Dec15- Journey into the brain

Dec 22- Journey into the Higher Conscious TimeLine

LoveShip Ceremony Winter Solstice Dec 19 6-9pm PST

Plant Medicine Ceremony on line

Shamanic Mentorship Program

Register for Mentorship Program by Dec 30 and save!

Thrive and Shine Member Price: \$450 before Dec 30 or \$550 after Dec 30

Non Member Price:\$900 After Dec 30 \$1100.

I am very honored to share this important Program with you.

The Shamanic Mentorship Program is designed for those who wish to deepen their shamanic practice, learn powerful tools to help yourself and others, and step onto the sacred path of shamanism.

The mentorship is a deep exploration of soul work that includes shadow work and ceremony. There are 5 levels with 5 weeks of classes in each level. Each class is 1.5 hrs and recorded for your ongoing practice and homework.

Steeped in ethics, discussion and hands on experiences, this well rounded program offers you everything to begin your journey on the Shaman's Path.

Your calling is calling you to step on this Sacred Path! Let your inner shaman shine.

Level 1- Foundations In Shamanism: Jan 7- 28

Jan 7- Sacred Space

Lecture: Ethics, Tools for rarifying, Learn to Open Sacred Space, Calling the Directions

Jan 14- The Journey

Lecture: what, when and how to journey

Experiential-Journey to meet your Galactic Guides, Spirit Animal, Angel, and Plant Ally

Jan 21- Fire Ceremony

Lecture: element of fire, corresponding energies, how and when to use a fire Ceremony

Experiential-have our own fire ceremony

Jan 28-Water Ceremony

Lecture: the element of water, corresponding energies, how and when to have a water ceremony

Experiential: have our own water ceremony

Feb 4- The Altar

Lecture: history of Altars, what is an Altar, when and how to make an Altar

Experiential: create your personal 30 day Manifesting Altar

Course Requirements:

Besides dedicating your time and intention in each class, you will also be assigned weekly homework. (The good kind of homework!) The homework assignment will be to practice the ceremony/ ritual with your family or community. Upon your completion of the homework assignment, you must write up your experience and turn it in to Starr via email. This assignment will not be graded, however it is to offer suggestions and feedback for your continued support. Please Note: All assignments must be turned in before your certificate of completion is granted.

Supply List:

Week 3 Fire Ceremony- Candle, pie tin, glass of water, paper & pen

Week 4 Water Ceremony- Bowl or vessel to place your water for Ceremony, water sourced from your local river, creek, or ocean (3 oz), Clean water (8oz) Your favorite Non toxic flowers & Herbs

Week 5 Manifesting Altar- A plate or charger to create your Manifesting Altar, Items that represent what you wish to Manifest. (these can be items found in nature that you can blow the energy into of that which you wish to manifest)

Level 2- The Empowered Path March 4- April

The Empowered Path is your next step on your shamanic journey. This Shamanic Mentorship Level 2 has been designed to help you take those next steps on your shamanic path through empowering techniques. Having learned basic ceremonial tools and rituals in Level 1, you are now ready to dive deeper into the Empowered Path. It is here that you begin to face your shadow side and bring light to your highest destiny. You will learn powerful shamanic tools and techniques to help you step into your most empowered life.

In level 2, you will begin to build your mesa, or what is know as your healing bundle. Therefore, this class is also a powerful class steeped in shadow work and ethics. As you move forward on this path, it is extremely important that we do so with integrity and empowering all we serve with grace and ease.

March 4- Right Relationship

Lecture: Ethics, Gates Of Integrity, Animism, The Mesa

Experiential: Journey The Gates of Integrity

March 11- Facing The Shadow ~ From Demons to Allies

Lecture: What Is Shadow work? Owning Projection. Discussion of Chod Meditation.

Experiential:Feeding Your Demons Exercise

March 18- Shadow to Light~ From Disempowerment to Empowerment

Lecture: Triangle of Disempowerment

Experiential: Shadow Work: Clearing the Triangle of Disempowerment

March 25- Destiny Work~ Crystal Grid Manifesting Grid

Lecture: Sacred Geometry~ Flower of Life ~ Creating Destiny

Experiential: Create a Crystal Destiny Grid

April 1- Despacho- Prayer Bundle

Lecture: History of Despacho, what is an Despacho, when and how to make a Despacho

Experiential: create your personal Despacho

Course Requirements:

Prerequisite: Level 1 or Foundations

Besides dedicating your time and intention in each class, you will also be assigned weekly homework. (The good kind of homework!) The homework assignment will be a continuation of each class. It is important follow through for each class lesson that will help you solidify each step on your Empowered Path. Upon your completion of the homework assignment, you must write up your experience and turn it into Starr via email. This assignment will not be graded, however it is to offer suggestions and feedback for your continued support. Please Note: All assignments must be turned in before your certificate of completion is granted.

Supply List:

Week 1 Right Relationship - 3 stones or crystals, two cloths to carry your stones

Week 4 Destiny Work - A print out or etched wood of The Flower of Life, Various supporting Crystals

Week 5 Despacho- 30x30 paper Thick to hold all the ingredients (brown wrapping is great)

You can bring some or all of the following nontoxic items~ organic is best!

No Need to go out and purchase things. Use what you have!

Sugar- sweetness

Rice: Fertility and abundance, to bring your prayers into fruition.

Various grains: Sustenance.

Nuts: Gifts for the Plant People.

Black Beans: For protection, abundance, power places

Yellow lentils~ The Golden Path, the springs that nourish us.

Corn: Sustenance, gift back to the Earth for what we have been given.

Raisins: Spirits of our ancestors, our blood lineage.

Figs: Spirits of the ancient ones who dwell in the sacred mountains.

Alphabet noodles: To step outside and beyond language.

Animal crackers for animal spirits, and health.

Candies, candy hearts, sweet gum drops, candy corn, etc.: Represent everything we are in relationship with.

Chocolate: Pachamama LOVES chocolate.

Loose sage or other incense: To feed the elements of the Earth.
Black licorice for protection.
Gummy or candy frogs: Represent messengers, envoys to carry our prayers; and cycle of waters.
“Play” money: To ensure successfulness of the despacho.
Unraveled cotton balls (clouds): Represent aware-time and dream-time.
Confetti stars: Represent connection to the stars.
Colored confetti or sprinkles: To celebrate all life.
Rainbow yarn: Represents the bridge between the worlds.
Red and white cord: Represents the “red” road and the Hatoon Yan, or road to the stars.
Flower petals for healing.

Level 3 - The Ancestors Path April 29- May 27

The Mentorship Level 3 has been designed to help you take the next steps on your shamanic path through eyes of the Ancestors. Here you take your seat with the Ancestors as a Healer, receiving initiation and ancient rites.

In this level of mentorship we embrace the wisdom of those who have gone before us, and carry it forward into a new dawn.

I am very honored to share this important class with you.

All classes are recorded, and the recorded link is offered to all participants for your on going practice.

It is time to walk the Ancestor's Journey!

Prerequisite: Level 1 & 2 Mentorship

Course Requirements:

Besides dedicating your time and intention in each class, you will also be assigned weekly homework. (The good kind of homework!) The homework assignment will be a continuation of each class. It is important follow through for each class lesson that will help you solidify each step on your Empowered Path. Upon your completion of the homework assignment, you must write up your experience and turn it into Starr via email. This assignment will not be graded, however it is to offer suggestions and feedback for your continued support.

Please Note: All assignments must be turned in before your certificate of completion is granted.

Supply List:

Week 1: 3 stones or crystals, plus your 3 from level 2

April 29~Healer and Mesa

Lecture: Ethics, The Mesa Tradition and the Mesa Carrier Ancestors

Experiential: Initiation: Receive the Hempe/ Healer Rites

May 6 - Maternal Ancestor

Lecture: Epigenetics, Emotional Trauma in the DNA

Experiential: Shadow Work: Walking The Maternal Lineage

May 13- Paternal Ancestor

Lecture: Collective energy of the Patriarchy

Experiential: Shadow Work: Walking The Paternal Lineage

May 20- Begin Tracking ~ Ayni Karpay Rites

Lecture: What is Tracking~ Perceptual States

Experiential: Receive The Ayni Karpay Rites

May 27- Tracking Continued

Lecture: Ethics, Perceptual States and The Archetypes

Level 4 - The Eagles's Journey July 1- 29

The Mentorship Level 4 has been designed to help you take flight on your shamanic path beyond Time and Space. This is a very special class as it is your first class flying in the Upper World.

Taking flight beyond time and space is a very important part in the shaman journey, as you are learning to stay very present, yet accessing information beyond the mundane.

I am very honored to share this important class with you.

It is time to fly the Eagle Condor Way!

Class Requirements:

Completion of all previous levels

Class Supply List:

Your Mesa plus three more stones or crystals

July1- Lecture: Ethics. The Eagle's Journey- Breaking the Beak- Introduce your new 3 stones. Eagle Condor Prophecy.

July 8- Lecture: Ethics:The Role of Shaman- Death and Rebirth. Write the Eulogy

Experience: Shedding the Roles

July 15- Begin Death Rites. Kitchen Talk

July22 - Finish Death Rites. Kitchen Talk

July 29- Rebirth Ceremony. Embody your inner Shaman. Receive The Champi Rites

Level 5- The Galactic Journey Sept 2- 30

The Mentorship Level 5 has been designed to help you take the next steps on your shamanic path beyond Time and Space. This is a very special class as it is your first class flying in the Galactic Medicine. The Galactic journey raises the frequency to the 5th dimension and beyond.

I am very honored to share this important class with you.

All classes are recorded, and the recorded link is offered to all participants for your on going practice.

It is time to take flight in the Galactic Realm!

Course Requirements:

Prerequisite: Level 1, 2, 3 & 4

Besides dedicating your time and intention in each class, you will also be assigned weekly homework. (The good kind of homework!) The homework assignment will be a continuation of each class. It is important follow through for each class lesson that will help you solidify each step on your Starry Path. Upon your completion of the homework assignment, you must write up your experience and turn it into Starr via email. This assignment will not be graded, however it is to offer suggestions and feedback for your continued support. Please Note: All assignments must be turned in before your certificate of completion is granted.

Supply List:

Week 1 Cosmo Vision - 3 new stones or crystals, plus your Mesa

Sept 1~Cosmo Vision

Lecture: Ethics, Incan Mythology, The Three Worlds

Experiential: Journey: Entering the 3 Worlds

Sept 9 - Frequency & Activation

Lecture: Frequency, Seers Rites

Experiential: Initiation ~ Receive the Seers Rites

Sept 16- 5th Dimension

Lecture: 5th Dimension Chakras

Experiential: Initiation~ Activation of the 5D Chakra System

Sept 23- Merkaba

Lecture: What Is the Merkaba, Protection and Travel

Experiential: Merkaba Activation

Sept 30- Star Rites ~Kurak Kurak

Lecture: Ethics, Energetic Maintenance, Star Rites

Experiential: Initiation~ Receive The Star Keepers Rites

The Sacred WellSpring Series

Register for all 5 classes before Jan 3 and save!

Thrive and Shine Member Price: \$400 or \$500 after Jan 3

Non Member Price: Only \$800 after Jan 3 \$1000

The Sacred WellSpring Series is a series of classes that bring you deep into the wellspring of your mind body and soul. Each class in the Sacred WellSpring Series is designed to benefit you in your cosmic evolution, here on Earth. Each class offers you 4 weeks of ethics, discussion and shamanic Journey, and are recorded for your ongoing practice.

The Sacred Spirit Horse

Feb 5- 26 5-6:30 pm PST

Thrive and Shine Member Price: \$100 for individual class

Non Member Price: \$200 for individual class

Welcome to the year of the horse! In this class we will meet and journey with your Spirit Horse Guide, and learn their powerful medicine. Let the the Sacredness of Horse Medicine be your guide this year!

Feb 5 -The Year Of The Horse

Discussion: Sacred Horse Medicine

Spiritual aspects and meanings, Grounded presence as a mirror

Reconnect with our heart center

Journey: The Sacred meeting of our Spirit Horse Guide- Making The Bond

Feb12 - Sacred Horse Medicine

Discussion:These intuitive beings have an extraordinary ability to sense subtle shifts in energy, emotions, and intentions. Often called mirrors of the soul, horses reflect our internal state with honesty and clarity. Their responses provide direct feedback, allowing us to recognize and work through emotional blockages, fears, or unresolved patterns. Guided by their behavior and energy, we gain insight into the areas of our lives that need attention or healing.

Journey: Facing our blocks and fears with our Spirit Horse Guide

Feb 19- Path and Purpose

Discussion: Beyond their emotional sensitivity, horses are powerful spiritual beings that embody strength, grace, and freedom. They symbolize the soul's journey—both in physical movement and the deeper quest for self-discovery. Acting as messengers, they offer profound symbolism and guidance related to our personal path and purpose.

Journey: Revealing Your Sacred Path Forward

Feb 26- Riding in Higher Consciousness

Discussion: The Spirit Horses is a bridge between the physical and spiritual worlds. Their unbridled energy and deep connection to nature help open your heart and spirit to higher consciousness.

Journey: Taking The Ride: Riding The Spirit Horse into Higher Consciousness

Sacred Realms Class

March 5-26 5-6:30pm PST

Thrive and Shine Membership Price \$100 for individual class

Non Member Price: \$200 for individual class

Welcome to The Sacred Realms! I am honored to have you in this class.

In this class we will be journeying through the Sacred realms with great intention and Mastery.

Steeped in ethics, and experiential wisdom, this class allows us to journey safely beyond your wildest imagination. Exploring the Sacred Realms gives us access to information and a deeper understanding of our discernment, and thus an expanded trust within ourselves.

The class will begin with opening sacred space, and move into the teachings of ethics. We will dive into the Looking Glass to fully understand our ethical ways of journeying in these realms. We will then move to our topic of discussion for the week and finish class with the experience of the journey. Homework will be given each week for your continued growth. This is not homework that will be turned in for a grade, rather for your personal growth.

March 5-Entering The Sacred Realms

Ethics: Through the Looking Glass, Perception, Reflection, Projection and Higher Frequency, Reverence and Sacred Space, Protection

Discussion: Accessing The Sacred Realms, Beyond the Veil
3 Worlds, Inter-dimensional, Breathwork

Experience: Journey Through The Looking Glass to sense, feel and understand the energies beyond the veil. Learning to distinguish and discern.

March 12 - Sacred Realm of Light & Sacred Geometry

Ethics: Through The Looking Glass, turning the dial, focused intention, Responsibility

Discussion: Frequency beyond the veil. Sacred geometry, Light Language, Star Beings and Guides.

Experience: Journey Through The Looking Glass to the Upper World

March 19 - Sacred Realm of Shadows and Demons

Ethics: Through The Looking Glass: Cleaning the lens, facing projections, accountability

Discussion: Inverted Paradigm, Shadow realms, DMT Elves and other inter-dimensional beings. Discerning Frequency. Are they for the highest good? Facing Fears, Sacred Rage Experience:

Experience: Journey Through the Looking Glass to the Under World

March 26 - You Are The Sacred Realm

Ethics: Through The Looking Glass: Looking inward, Honoring the Presence, offerings, Integrity

Discussion: Macrocosm is the Microcosm, so within is so without. Self Care, Sacred Sexuality, Nurturing The Sacred Temple, Magic Mirror

Experience: Journey Through The Looking Glass to honor, love and cherish.

Activated Awareness & Intuition Class

April 2- 23 5-6:30pm PST

Thrive and Shine Member Price: \$100 for individual class

Non Member Price: \$200 for individual class

Welcome to the Activated Awareness & Intuition Class! I am so delighted you are embarking on this empowering class where you will develop and activate your awareness in your intuitive abilities.

When we activate the senses into higher frequencies our intuitive abilities become more accessible, guiding us into deeper states of awareness. Here, we learn to Trust ourselves and the messages we receive beyond the mundane.

April 2- The Clairvoyant

Ethics: Trust-Grounding in the Intuitive Awareness

Discussion: Intuitive awareness and Clairvoyance

Practice: Activating the Eyes

April 9 -The Clairaudience

Ethics: Right Relationship

Discussion: Intuitive Awareness and clairaudience, Listening with the ears of our heart

Practice: Activating the ears

April 16 - Clairsalience (to smell)

Ethics: Discernment

Discussion: Intuitive Awareness and clairsalience- the nose knows

Practice:Activating the Nose

April 23- The Clairsentience (to feel)

Ethics: Boundaries

Discussion: Intuitive Awareness and Clairsentience

Practice: Activating the sense of touch

Giving Voice to the Unknown Class

Aug 6- 27 5 -6:30 pm

Thrive and Shine Member Price: \$100 individual class

Non Member Price: \$200 for individual class

Let's give voice to that which is unknown. The throat chakra is the most powerful chakra in manifesting! Rather we speak, sing, tone or om we create a frequency. This frequency emits throughout the Universe and creates a ripple effect, that is reflected back to us. Come, open your throat chakra and let it be heard!

Aug 6- Listening To The Inner Voice

Ethics: Say what you mean and mean what you say

Discussion: Speaking Your Truth

Experience: Clearing the Throat Chakra

Aug 13- Giving Voice To The Mantra

Ethics: Developing a practice

Discussion: Mantra Practice

Experience: Mantra Creation

Aug 20- Giving Voice To Light Language

Ethics: Discernment

Discussion: Connection and flow of Light Language

Experience: Connect and Speak Light Language

Aug 27 - Giving Voice to Creation

Ethics: Discernment, Gates of Integrity

Discussion: What needs your voice

Experience: Creation Speaks Through You

Ancestor Imprints & Wisdom Class

Oct 6- 27 5-6:30 pm PST

Thrive and Shine Member Price \$100 individual class

Non Member Price: \$200 individual class

October is the perfect month for profound ancestor work! Through the science of epigenetics, we understand that emotional trauma and environmental situations that our ancestors may have encountered can be passed down through the DNA. This class offers you the opportunity to connect with the wisdom of your ancestors as well as remove those imprints that no longer serve you. Step through the thinning veil and honor where you came from and where you are going!

Oct 6 - Good Where We've Been

Ethics: bypassing

Discussion: The story of our ancestors, colonization, The shadow side, Ancestor Altar

Experience: Journey- making peace with the past

Oct 13- The Matriarchal Path

Ethics: Shadow work

Discussion: The Science of Epigenetics, The Sacred Feminine

Experience: Journey With Your Matriarchal Lineage

Oct 20 - The Patriarchal Path**Ethics:** From Power to Empowered**Discussion:** The Sacred Masculine**Experience:** Journey with you Patriarchal Lineage**Oct 27- Moving The Wisdom Forward****Ethics:** Judgement and Duality**Discussion:** Moving The Sacred Wisdom Forward, Closing the Altar**Experience:** Journey in Unity of the Sacred Feminine & Sacred Masculine**Empowered Women Empower Women Series****Register for All 4 Classes by Jan 3 and Save!****Thrive and Shine Member Price: \$325 before Jan 3 or \$425 after Jan 3****Non Member Price: \$650 or \$850 after Jan 3**

Thank you for joining the Empowered Women Empower Women Series. This series of 4 classes is incredibly empowering for women of all ages and walks in life. As we continue to evolve as an empowered woman, it is important to have tools to navigate the ever changing landscape of the sacred feminine path. With support and guidance each class in the series offers every woman a personal experience to embody your most empowered self.

What's Included:**All 4 Classes****1 Bottle of Empowered Woman Tincture & Shipping****1 large organic cotton hoodie with the "Empowered Women Empower Women" on the back****Empowered Women Class****Feb 2-23 5 -6:00pm PST****Thrive and Shine Member Price \$125 for individual class****Non Member Price:\$250****Includes Empowered Woman Tincture & Shipping****Ingredients:** Black Cohosh, Eleuthera, Red Raspberry Leaf, Red Clover, wild yam root, Alcohol, Lunar Eclipse Water

Feb 2 The Archetypal Feminine

Ethics: shadow and Light of the feminine story

Discussion: The her-story of the archetypal feminine

Experience: The Devine Feminine Card

Journey With Your Feminine Archetype

Feb 9- The Sacred Womb

Ethics: Sacred Sexuality

Discussion: Cleansing, Hormones

Experience: Journey Cleansing Past Relations across all timelines a& Dimensions

Feb 16- The Sacred Womb 2

Ethics: The Mother Wound

Discussion: Epigenetics, imprints and stories, boundaries

Experience: Energetic clearing of the Mother wound across all Timelines & Dimensions

Feb 23- The Empowered Woman

Ethics: paying it forward

Discussion: Empowerment, balance, stepping in

Experience: Journey to embody your empowered self

High Priestess Path Class

May 4- 25 5-6:30pm PST

Thrive and Shine Member Price \$100 for individual class

Non Member Price: \$200 for individual class

The High Priestess is a woman who is in deep devotion with the Divine.

She is a living vessel for divine will, and her purpose is to be of service towards the betterment of humanity and life on Earth. When we step on this ancient High Priestess Path we become initiates in Sacred Service with love and gratitude as our guide. The High Priestess class gently guides you on this path of devotion giving you tools to practice your devotion. Step on the sacred path with me, and witness how your life unfolds with Grace and Ease when you become the High Priestess in devotion.

May 4 - The Initiation

Ethics: ego and service

Discussion: Devotion, The Path to Kethera

Experience: The Initiation Journey up the Middle Pillar

Homework: Sacred Service Offering based on the message of your journey

May 11- The Channel

Ethics: Discerning messages from the Divine

Discussion: Unified Consciousness, Boots on the ground

Experience: Journey into the Unified Consciousness

Homework: Sacred Service Offering based on the message of your journey

May 18- Acts of Devotion

Ethics: Spiritual bypassing

Discussion: Walking the Path in the 3D world, sacred service

Experience: Journey Entering Creation

Homework: Sacred Service Offering based on the message of your journey

May 25- Acts of Devotion 2

Ethics: of the world not in it

Discussion: Pachamama, sacred service, offerings

Experience: Journey Entering the womb of the Earth

Homework: Sacred Service Offering based on the message of your journey

The Inner Child Class

June 4- 25 5- 6:30pm PST

Thrive and Shine Member Price \$100 for individual class

Non Member Price: \$200 for individual class

Welcome to the Inner Child class! What a magical time to be embarking on this journey together. As you can Imagine this class brings a light hearted and rich curriculum to you for 4 weeks, and I am so excited to have you. What an honor!

Each class is set up with a discussion followed by a shamanic practice. You will also be given some homework. This is not turned in or rated in any way. It is simply a suggestion for integrating the practice and of course, your inner child.

The is no wholeness in your soul without the healing of your inner child!

June 4 -Portals of Time

Ethics: Childhood Trauma

Experience: Shamanic Journey Through the Portals of Time to interact and reclaim all lost soul parts.

Homework: Integration Breathwork, Art- draw or paint a picture of your inner child- let them help. Try using your non dominate hand to make this art.

June 11 -Facing the Inner Critic ~ The Judger

Ethics: Responsibility and Respect.

Discussion: Why is shadow work important to the Inner Child. Who is your inner critic?

Experience: Shamanic Journey: Facing the shadows, making peace with the past

Homework: Integration Breathwork, develop a mantra that supports your inner child

June 18 - Radical Love

Ethics: Boundaries & Vulnerability

Discussion: Soul Contracts and Promises, The Galactic child

Reparenting and commitment

Experience: Shamanic Journey: heart coherence with the inner child across all timelines and dimensions

Homework: Writing your Vows in a letter to your inner child, Integration Breathwork, mantra work Bring a picture of yourself as a child for the next class

June 25-Embodied Wonderment

Ethics: Discernment, reaction and action

Discussion: Needs, wants & self Care, Inner Child's Favorites, regulating the nervous system, share your picture.

Experience: Shamanic Journey embodying the inner child- Light Language

Homework: Integration breathwork, Mantra work, Practice Presence

The Sacred Feminine Class

July 2- 23 5-6:30pm

Thrive and Shine Member Price: \$100 for individual class

Non. Member Price: \$200 for individual class

Welcome to the Sacred Feminine class! What an honor to dive deep into the journey of the Sacred Feminine with you. In this class you will be guided through shamanic journeys to restore and reclaim your Sacred Feminine power. When we think about the Sacred Feminine, we understand that we must open to our vulnerabilities and be open to receive. This has been challenging for many of us as we have been forced into living a life of doing it all. This class will help you to gently remember and embody your true Sacred Feminine energy.

It's Time to Reclaim your Sacred Feminine Energy!

July 2- The Sacred Feminine

Ethics: Shadow and Light of the Feminine Energy

Discussion: Shakti, Receptivity, The Vessel and the Water

Experience: Journey to meet Shakti - Breath work

July 9 Empowered Femininity

Ethics: Empowered vs Power

Discussion: Triangle of dis-empowerment

Experience: Journey through the triangle- Reclaim your power- breathwork

July 16 - Vulnerability

Ethics: Boundaries

Discussion: Vulnerability is a super power, safety

Experience: Merkaba Journey - Breathwork

July 23- Embodied Sacred Feminine

Ethics: Responsibility

Discussion: physical body care, needs and wants

Experience: Journey bringing the Sacred Feminine Home and Embodied- Breathwork

Conscious Cleanse Program

March 2- April 20 5-6:30 pm Pst

Resister Before Jan 30 and Save!

Thrive and Shine Member Price: \$500 after Jan 30 \$600

Non Member Price: \$1000 after Jan 30 \$1100

What's Included:

8 weeks of class and deep shamanic work

2 Bottles of Parasite Cleanse Supplements

1 Canister of Heavy Metal Cleanse Supplement

1 Bottle of Super Adaptogen Tincture

Shipping

Welcome to the Conscious Cleanse Program. Spring is the perfect time to cleanse the body and soul. This is a very deep dive into the physical, energetic and spiritual realms. With physical cleansing of parasites & heavy metals we must also work on the energetic level to identify energy leaks, vampiric behaviors and clean house on all levels. Each week we discuss varying aspects of the cleanse, along with the energetic implications. We then dive into powerful shamanic journeys that guide you into awareness and conscious shifts. Homework is given each week to help you maintain your protocol and your goals.

There is also an option for a liver cleanse in this program. The Protocol for the liver cleanse will be given to you, however please note that the supplies are not included. (Olive oil, epsom salt and grapefruit)

There's nothing like a deep spring cleaning of the mind body and spirit!

March 2 Physical

Discussion: Detox supplements: Suggested use.

The Nature of Parasites and Parasitic behavior.

Attachments

Die off and support

Intermittent fasting and nutrition suggestions.

Journaling Prompts for Homework

Experience: Guided Shamanic Journey:

Releasing all Parasites,

(Internal and external)

and parasitic behaviors across all timelines and dimensions

HomeWork: On Detox Supplements.

Daily Journal Using Prompts and adding what is needed or wanted to be expressed.

Try Intermittent fasting: Last meal of the day by 8 pm and first meal of the day after 12 pm

Repeat the Journey at least one per week

March 9 Physical

Discussion: Group Share & Support

Emotions stored in the organs

Gallbladder and Liver Cleanse

Experience: Guided Meditation- Emotional Organ Cleanse

Homework: On Detox Supplements

Continue intermittent fasting weak one.

Do Gallbladder & Liver Cleanse

Daily Journal Using Prompts and adding what is needed or wanted to be expressed.

March 16 Energetic/ Emotion

Discussion: Group Share & Support

Emotional/ Energy body

Corresponding chakras

Experience: Guided Energy Medicine

Chakra Cleanse

Homework: Off Detox Supplements

1 Full day fasting challenge

Daily chakra cleanse with breathwork

Journal

March 23 Energetic/ Emotion

Discussion: Group Share & Support

Energy Leaks/ Vampiric Energy

Protection

Experience: Guided Shamanic Journey- Receive your energetic suit of armor

Homework: Off Detox Supplements

2 day fasting challenge

Daily chakra cleanse and armor

Journal

March 30 Soul

Discussion: Group Share & Support

Soul Ties & Contracts

Experience: Guided Shamanic Journey:

Clear all Soul Ties and Contracts across all timelines and dimensions

Homework: On Detox Supplements

2 day Fasting Challenge

Burn old contracts and

Rewrite New Life Contract

Journal

April 6 Soul

Discussion: Group Share & Support

Add Additional Supplements

Soul Retrieval

Experience: Guided Shamanic Journey and Breathwork:

Reclaiming, accepting and embodying all parts of the Soul

Homework: On Detox Supplements

Option to add magnesium and probiotic.

Integration Breathwork

Journal

April 13 Embodied Sovereignty

Discussion: Group Share & Support

Sovereignty

Reclaiming Your Power

Experience: Guided Shamanic Journey

Reclaim Your Power Across All Timelines and Dimensions

Homework: On Detox Supplements

Integration Breathwork

Journal

April 20-Celebration of Success

Discussion: Group Share & Support
Action Plan

Experience: Destiny Journey:

What wants to emerge? Emotionally Physically
Spiritually

Homework:Off Detox Supplements

Continue Probiotic & added supplements.

*Create a plan of action for moving forward.

The Tantra Series

Register for all 4 classes by April 4th and save!

Only \$600 or 750 after April 4

Thrive and Shine Members only \$300 or \$375 after April 4

Individual classes are \$200.

Thrive and Shine Members \$100

Welcome to the Tantra Series! I am thrilled to dive into the ancient tantra practices with you. Each class offers you a deep exploration into breath and meditation with powerful discussion that lead you into deeper states of consciousness.

Tantra Breath and Body Class

June 8-29 5 -6:30pm PST

June 8- Form and Formless

Discussion: Shiva & Shakti, Breath & Body connection, Unconscious to Consciousness

Experience: Heart Breathwork Meditation

June 15- The Universe in Every Cell

Discussion: Awaken Cellular Memory, Unified Consciousness

Experience: Cellular Breathwork Meditation

June 22- Breath Of Life

Discussion: The Energy of your Organs, Vitality

Experience: Breathwork Meditation- Organ Cleanse

June 29- The Body Temple

Discussion: The Sacred Temple, Physical stamina, Honoring the Temple within

Experience: Temple Breathwork Meditation

Tantra Love & Money Class

July 6- 27 5- 6:30pm PST

July 6- Embodied Love

Discussion: Becoming Love, Embodied Presence, The Wounded Heart

Experience: Breathwork Meditation - Clearing Attachment of the Heart Inviting Love

July 13 - Conscious Relating

Discussion: Venus Rules, Value, worthiness & Integrity

Experience: Breathwork Meditation-Clearing The Solar Plexus Inviting Conscious Relation

July 20- Sacred Sexuality

Discussion: Judgement & Vulnerability, Safe and Sacred Sex

Experience: Breathwork Meditation - Clearing The Genitals Inviting Safety

July 27- Passion and Prosperity

Discussion: where passion goes, money flows, the Practice of Receiving

Experience: Breathwork Meditation- Chuan Flow

Tantra Manifest Class

Aug 3- 24 5- 6:30pm PST

Aug 3- Blessings & Gratitude

Discussion: Divine Timing, Everything Happens For Me, Acceptance

Experience: Breathwork Meditation- Acceptance and Gratitude

Aug 10-Higher Consciousness

Discussion: Timelines, Higher Self

Experience: Breathwork Meditation- Embodying Higher Consciousness

Aug 17 - Creating Non Doing

Discussion: From doing to BEing, the art of non doing

Experience: Breathwork Meditation Practice Presence

Aug 24 - The Offering

Discussion: Becoming what you want, Seeing the world, opportunities

Experience: Breathwork Meditation - Embodying the Gift

Tantra Ecstasy & Liberation Class

Sept 7-28 5-6:30pm PST

Sept 7 - The Liberated Mind

Discussion: Liberation and Ecstasy, The Wandering Mind, There is no past, There is no Future

Experience: Breathwork Meditation- Free Mind

Sept 14 - The Liberated Heart

Discussion: The restless heart, Heart strings and attachments, Vulnerability

Experience: Breathwork Meditation- Releasing the heart strings

Sept 21 The Liberated Soul

Discussion: Soul Contracts, Limiting Beliefs

Experience: Breathwork Meditation- Cancel Clear Delete all contracts across all time lines and dimensions

Sept 28 Embodying Ecstasy

Discussion: The Ecstatic Life, Living Ecstasy, Curiosity

Experience: Breathwork Meditation- Embodying Ecstasy

Meditation Series

Register For All 3 Classes and Save!

Thrive and Shine Member Price: \$250

Non Member Price: \$500

Individual Class Price: \$200

Thank you for joining me on the Meditation Series. Each class offers you mindful meditation practices to enhance your everyday life. As Spiritual Warriors in training, having a consistent practice helps you navigate life with presence, curiosity, grace and gratitude.

The structure of each class begins with a guided meditation that brings you to presence within the body, and settles you into the class. We then move into the deeper guided meditation with the focus on the topic of the month.

It's Time To Let Your Mind Get Curious!

It's Time Strengthen Your Heart in Gratitude!

It's Time To Own Your Gracious Soul!

The Curious Mind Oct 1- 29 5-6:30pm pst

Oct 1- Curiosity & Wonderment

Oct 8- Curiosity & Vulnerability

Oct 22- Curiosity & Fear

Oct 29- Curiosity & The Mystery

The Grateful Heart Nov 5- 26 5-6:30 pm pst

Nov 5- Spaciousness in The Heart

Nov 12- Finding Gratitude in Discord

Nov 19 Heart Coherence

Nov 26 Embodied Gratitude

The Gracious Soul Dec 3-24 5-6:30 pm pst

Dec 3 - Acceptance and Grace

Dec 10 - Unified Field Of Consciousness

Dec 17 - Limitations and Liberation

Dec 24 - Beyond Belief

