

## WHAT THE SELF MASTERY SCHOOL OF CREATION CAN OFFER YOU INTRODUCTION PART 1 – 3 BY LELAMA

### WALKING YOUR LIFE PATH WITH YOUR DIVINE PRESENCE

QALA:

I'm going to pass it over to Lelama now... my beautiful co-teacher who is a very good friend of mine and we have known each other for about twelve years now and worked very closely together... and I am so grateful to be doing this school with her - this is our first school together. I have actually created seven schools previously, I've got nine in my mission as a soul, so this is my second last school, so it's a great thing to be doing it with Lelama, it just totally fills my heart with joy...

LELAMA:

I am very excited to do this with Qala because it, as much as I am co-teaching and creating projects and teachings and programs for this school, it is also part of my training, my growth as a presence, bringing in more and more of this soul into my being, becoming more and more present by delivering this work that is the work of my presence; the work with the power of creation and bringing in that power and opening to the Earth currents, opening to your connection also through your genetic and ancestral lineage, to bring that in here - this is... I would say this is who I AM.

So my excitement lays a lot in the fact that with many people, we can go and explore what this means for all of us, you know? And I find a real joy in my heart, a real excitement and igniting, to be able to give my energy, my consciousness, my time, my space in my life to this work. And when you step into this program and work through what Qala just explained; opening your chakras, opening your heart and coming to the place of meeting that presence, meeting your soul inside your body, inside your being, inside your life, you can start opening the connection with that work with the purpose that your soul, something that you have come to bring here; and most of us, once you get to this place I'm curious about this, you have either an inkling in your life: there is more to this... there is something brewing inside and I'd love to connect with it and want to know what it's all about and bring it through my life that way, or you've already partially met certain things of that and want to expand it.

And you know it's a real inspiration to hand yourself over to that journey with presence; the journey of bringing in your soul and as much as it, at times means that you need to surrender things that are not so easy to surrender, things that are confronting, parts that you are actually attached to, because as Qala said, this ego part, a part of old consciousness a part that knows certain ways, a part that have come either through your genetic line or through your soul lineage or through patterns that you have lived in previous lives – you're used to them, you're attached to them; you know that if you do this you give a little sensitivity or a little sadness, somebody will come and give you a pat on the back and hold you and cuddle you and you will feel much better. And it is profound, it is beautiful to work that way, there is nothing wrong with it - but the moment that you choose to really meet

yourself to meet that soul, to bring that in and live in presence, you know that when you bump into something inside - you can also inside find the connection, find the support, find that what you need, yeah? that power, the opening of your heart to really love what occurs, even if it's not so lovable.

In my life in the last twelve years of really opening to presence, there have been challenges. You know, there have been things in my life, even from the outside, not only in the meditations or in the practices or in your inner work, yeah? but in LIFE, people that come to you, relations, especially your very close relations, your partners, your children, your parents, that really bring home to you energies that live inside you that may not serve you anymore in this path of growth, of evolution, of finding more of yourself and to allow this power, this universal energy that you are to flow through you and create - through your hands, your eyes, your dance, through your voice - we will talk in a minute a bit more about the voice, but the connection that these people give you – sometimes they make you angry and sometimes you're frustrated and sometimes you get devastatingly sad for abandonment or rejection.

These are energies that you hold inside yourself. And what these people do for you is offer you the greatest gift... the greatest gift of bringing it home to you, of making you meet that part of yourself, so you have the ability to love that free, to bring your heart to choose to open that heart and bring that heart to this situation, choose to love a little more – and sometimes that can be challenging, you know? It stretches you, it stretches you open... but the beauty of working with this program and having the assistance of your presence, of your soul... as soon as you make that commitment to say “I am going to do this, I am going to open this”, that part of your soul, that spirit that we call divine presence, he IS you, and gets excited with you, and wants to do it with you, so the support is there to do this; and then what Qala said - you work in a portal, so in that portal is a whole spiritual field, where there is divine assistance from many beings and Qala is very equipped to share with us in a little while more about what that means that comes through that inner work, through, to really support you to follow through on the choices that you make, the choice to commit, the choice to do certain practices, even in moments when it gets hard – you know, you ask for assistance; you ask for support and when you choose in that moment to open your heart, even if that's a little hard and that's a little challenging – even if that means you have to do something you actually don't want to do, from your mental point of view, but your heart is really saying 'if you do this now it will help you to open up, it will help you to make that next jump'. I can vouch for the beauty and the grace and the miracles, really truly, miracles that open up in your life – the moment you choose to be responsible for what lives inside you - for when you feel the anger, the frustration, the sadness, the grief, it is yours, yeah? and you have also the capacity to do something with it... to support it, to love it, to acknowledge it, to allow it... and through that love, through that field that you open with yourself and with the support of that greater field, that unified field, and with the support of your presence who holds you, who always holds you, whether you know it or not.

So what we are doing in this training is making ourselves aware that we are not alone, that we never walk this path alone, that we are in this world together with our presence, and

with all these parts of our soul that travel in different realms and hold different gifts, different capacities... and usually when you meet one part of you that may be very angry about something - and when you truly meet it and allow it and listen to it - and with your love and with your surrender support it to let go of that anger, to forgive it, yeah? A great key in this whole process is opening your heart and opening yourself to receive more of your soul, more of who you are. Being able to release and let go of this wound is to forgive. To simply choose to forgive, to honour life to honour all that is in your world and forgive anything that has created it. In that moment, your heart goes 'poof' and it makes that jump to open to the next level – and there's many levels to that, you know? And as much as I'm really, really happy with my open heart, I know there's new levels that this heart is going to jump into, and in a way that's really exciting, because it means that again, there's new parts, more of this power, more of this love that this soul holds and that this presence can bring into life, and through that there's more of the work, yeah, more of the creation, more of me supporting others to ignite their energy.

Eventually when you fully ground and bring in that soul, that presence, you become a portal... and when you meet others - just through your eyes, through your touch, through your voice, the vibration in your field, yeah? you can support another to have a little shift in their energy. To just feel that love vibration and go 'poof!' – this inspiration comes in, yeah? The way we open to receive that and open our hearts and bring in that power creates a resonance field. Initially our resonance field, as we start the journey of opening to our soul and presence... and it may be this wide, and it may be resonating in a frequency that sort of goes, you know, gently it plods and sometimes there's parts that go really out of wack, lots of resonance, you feel even twitches in your being or you feel a knot in your stomach and there's no resonance, there's no vibration, there's nothing moving through, and by doing the meditations, the practices, the energy work, connecting inside, you open that vibration, you open yourself to the field, how that field resonates through you, through your being; and one of the great gifts through that is connecting to the light.

And the other amazing journey is to work with sound... and to allow your sound to work with your voice, the frequency that your voice brings into your body and through you into the world, can create incredible things. And you know when you're not completely open, when your heart is not open and your body, your soul's not quite here – usually your voice is a bit soft and usually the words don't flow so easily and it's not so clear, yeah? and you have to think about things and the umms and the ahhs come in between and oh, there comes another bit – the moment you start opening your heart and allow that light, allow that soul to travel through you, all that energy flows much easier and your voice gains strength, creates a deeper vibrancy, a vibration that travels further... a vibration that starts touching in your field, in particular, places, yeah? where there might not be such resonance and it starts opening that field... and then beyond your field you start rippling out in the field that you are connected to and then the next person that's sitting in front of you or next to you, or the person that you hold in your arms when you give them a hug, yeah, that field starts rippling and resonating, so through opening yourself in all your chakras, in your heart, in that power current, in that stream of energy, you can more and more create an opening

in that resonance field and within this training, sound – connection with sound is really essential. Sound is power/power is sound. It's the frequency, the vibration... every light current, every colour, has its particular frequency. If you would be completely open, yeah, you would have your full soul presence here now... all your senses; your ears, your eyes, your sensitivity, your nose – everything opens more fully. And you would hear... you would hear the frequency of the colours.