

## WHAT THE SELF MASTERY SCHOOL OF CREATION CAN OFFER YOU INTRODUCTION PART 1 – 4 BY LELAMA

### THE POWER OF SACRED SOUND TO OPEN TO PRESENCE IN YOUR ENERGY AND CONSCIOUSNESS

Now when you start working with sound, there's two ways; there's the sound that once your heart is open and you have however small or large connection with your soul inside and your light is streaming in, a certain vibration of sound will come out of you... it's the sound of your soul. It's the sound connection, the frequency, the language that your soul would speak when you go beyond speaking the language of the mind English or Spanish or Swahili, you know, things that we have learned to understand with our mind what it means and how we use these words. When you connect with the sound and language of your soul, initially it will come out in sounds that – you have no idea with your mind what that would actually mean... and some sound really odd... and when it started opening up for me, actually as a young child I used to call it make believe language and I was very shy about it, I would only do it if I was by myself in the forest because, by God, if somebody would hear me that would be too freaky, you know... they'd think I'd gone crazy.

And sometimes even in yourself that can come up, yeah, like our soul has different parts, different dimensions, different energies and some part of you might go 'wow this is really icky, what's going on here?' – and just gently love that, just give it your love, honour it, let it be and continue to sound. If you just like opening yourself to your light, each day do some practice and then go about your life. If you would every day when you wake up, make that connection to the Earth to the universe through your chakras, open your heart and let the sound of your soul naturally come through you. Give every day a little time to that, yeah? Ten minutes, fifteen minutes, twenty minutes, you will find that your days flow differently. You will find you encounter different things, and slowly if you look a month later, you go 'wow what happened?' if your friend would be doing this or you would be doing this and your friend looks at you a month later, you haven't seen each other and she goes 'what have you been doing?' because what it does is it gives permission for your soul to be present, to come in, to be heard, to be seen, to be felt and to create that resonance field though these sounds and allowing them to open up through you, energies that might be blocking you; energies of anger or frustration or sadness or grief; they can start shifting because your soul innately has a connection to the power to that what you actually need in order to come more fully here – what you need to feel fulfilled, what you need to bring more love into your resonance field and into your heart. Yeah? So to surrender - which is a great part of the first term of the training - to surrender, surrender that what you know; surrender that what you have done; surrender yourself to something greater; surrender yourself to what your soul needs, surrender yourself even to the commitment if you choose to do this training, to the commitment of this training... and saying 'ok, some things I may not be able to do in my life right now, because I've said I'm doing this'... and in that you'll learn to surrender. Maybe your friends are going out tonight and having a big party and you say actually, no my heart really feels pulsed to do this particular practice. So you let go of that one and you choose this one. And then an opening occurs and every time you surrender

and follow what your heart pulses you to do and what that soul that speaks to you through your heart pulses you to do... you create a greater connection; it's like making a relationship with yourself, you know, with the deep inner part of yourself; and the more you honour that relationship, the more that part comes in and plays with you and says 'yeah, this is cool... she's really there for me and I'm gonna be there for her too'... you know? and it becomes the cocreative process where the power grows, where you have more access, and when new challenges come, more of that support from your presence, from the larger part of your soul and from that spiritual connection and that portal, the divine assistance you receive from the teams of guidance that are a very important part of this school.

These teams, these Masters that come in are also Masters of sound, yeah? the Masters of Creation. There's Yamala, the Mother of Creation. And particular streams of sound can be brought in through these ones. It's like a science, its like particular sound keys in particular languages create a certain shift, a certain opening, a certain effect in your body. So part of what will happen through your practices and meditations is that you will get mantras... sound keys that you practice and you sing over and over and over, with a particular intention to create an opening, a shift in a certain part of your being, yeah? particular mantras for your chakras or when you go and choose to do for example the sound and light healing elective, there will be specific mantras that support the opening of gateways and that support the lifting of aspects for example, yeah? parts of your consciousness that may be stuck in a certain chakra and then they are not so easy to move. So then there are certain mantras that can support you to create that shift, to open that chakra, to lift certain energies or connections that don't want to move so easily, by yourself. These languages are like the language of creation, the language of love, the language of light, but specifically enter into a communication with a part of you, yeah? with a particular part, some will support you to create more streaming in your light, some will create you to open more fully to that power of creation and to be able to bring in the journey of the earth; like the deep inner Earth powers – they will be very slow sounds, deep sounds, deep, deep sounds that create the belly of the Earth to open inside your belly and create that shift and effect.

Some sounds will connect you more to your sound of your source frequency - they will be high source frequencies, they will be high attuned tones and particular keys, particular mantras, that will support the opening of that connection. And the beauty in a way of working with the sound is that it's not necessarily always important for you to know everything that goes on. You can offer your sound and create a shift with a certain intention; it doesn't mean that you need to know the entire story of every single energy that goes on in yourself, you can feel a certain energy and the chakra will open with particular sounds that travel through you; be it the sounds that naturally come through your soul; or be it the particular structured sounds that come through the science of sacred sound that will be given to you in particular practices. Some of these sounds will also activate codes ; a part of this training is opening yourself to the light frequencies that come in geometric codes. Some you will receive in maps, in codes, physically drawn for you. Some will just travel through you on the inner, because every part of you, every part of our soul, our physical structure, of our spiritual energies is made up of geometric patterns, patterns of light frequencies... and

by opening yourself to these light frequencies and bringing the sound into that to activate them, empower them, you create shifts inside your being. And that way there's many tools, many different techniques in the training that can support you to create that message of opening to your soul... to create that message to travel through every part of you and say 'you are welcome'. I am here to bring more of me in, because I would like to know me and I would like to feel confident and present in my life and I would like to fulfil my mission, what my soul has come to bring here, I would like to know more of what that is and I would like to be able to bring that into action; to live that to share that with my family, share that with people on Earth, share that with the planet Earth; because all together in that way when we step more truly in our presence, in our true resonance, we contribute to a peaceful, united Earth.

You know ultimately, this is what you will create when you say yes, to all of who you are, you will give your puzzle piece, you will give your part, to filling this planet with all energies that are really available here and it will create that united field to fully buzz and pulse – and that is when creation starts, that is when new energies, new things can start birthing – its not only lifting out old things and creating that part, you know to fill the place, of lifting old wounded parts out but then these new parts are in and anchored and then they can start bringing in new teachings, new codes – and that could be new architecture, new buildings, it can be through making new gardens, through making a new business structure that works on a fifth sixth seventh dimensional vibration rather than the old structures that are living on a level that you know, organisations and structures that are controlling, that are making sure that some person has the say and other persons have to follow.

What we really wish to create in this is to empower every single soul. You choose to do this training... it is your opportunity to empower yourself to be here and to give what you have to give for this Earth. What you have to give to fulfil your life, you know, to feel full, to feel whole. And then like I said, there's always new jumps, new openings – so at times you will be challenged, yeah? another part of you comes in, some Pleiadean aspect or Soul Extension says 'woah, I'm really a bit scared to offer my gift here but I know it's my time and all this field here is open, buzzing with love and it's inviting it in so you have to meet whatever this being holds, yeah? Whatever fear of creation, whatever memory of a past journey where something has gone wrong. And you support it. And the more you grow, the more you work with these practices every day, the more you have the tools to meet these new parts to say like OK I have a beautiful pillar of light... I am going to support this one to travel through that pillar back into source so she can release the wounds; or I have a connection to the Earth and the voidal frequencies; I can call on them now and I can support her to actually surrender the fear that she holds and so in that sense you start working with yourself like you would work with another person, if you would support them to come through a fearful place.