

PROVEN STRATEGIES FOR SPIRITUAL MASTERY



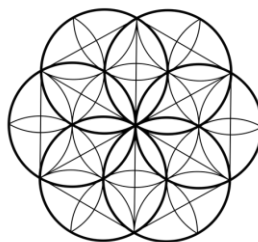
SIMPLE BLUEPRINT TO SUPPORT YOUR
SPIRITUAL JOURNEY

MEG BENEDICTE & DEBRA GIUSTI

PHASE #1 STRATEGIES – SPIRITUAL AWAKENING:

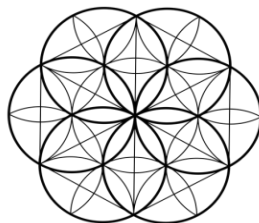
Attaining Spiritual Mastery is a step-by-step process initiated at *Spiritual Awakening* to break free of human limitation and up-level into higher dimensional existence and quantum consciousness. Through the gradual healing and clearing of dense trauma, ego resistance, ancestral patterning and unresolved karma, you evolve into higher dimensional frequencies and inner Soul embodiment.

1. FULLY EMBRACE YOUR AWAKENING - Something life-altering, electric, supernatural, and purposeful happened to initiate your Awakening.
2. RECOGNIZE YOUR SPIRITUAL AWAKENING IS YOUR OWN PERSONAL, UNIQUE JOURNEY – Your Higher Self will lead and guide you on your path.
3. BE PREPARED FOR A COMPLETE TRANSFORMATION IN YOUR LIFE - Step into a complete overhaul of every part of your life to better reflect Soul truth and support Soul empowerment.
4. BECOME AWARE THAT YOU ARE A MULTI- DIMENSIONAL BEING - Realize everything is energy and you are connected to everything in the Unified Field.
5. PRIORITIZE THE IMPORTANCE OF GETTING GROUNDED AND PRANIC BREATHING - Incorporate daily practices that will consistently help build a strong energetic system so you deepen pranic breathing and are grounded, present in the body.
6. CONNECT WITH NATURE ON A REGULAR BASIS - When you connect with Nature, you step into a harmonious field of order. You cannot manifest in Gaia’ s physical world without interacting with the Nature Kingdom, Devas and Elementals.
7. DEDICATE TO ONGOING DAILY MEDITATION AND SPIRITUAL PRACTICE – Commit to ongoing daily meditation to quiet the thinking mind and enhance spiritual connection.



PHASE #1 STRATEGIES – Continued:

1. CONSISTENTLY TAKE STEPS THAT RAISE YOUR VIBRATION, IN EVERY THOUGHT, ACTION AND DEED - This includes all energy you ingest, the food you eat, the thoughts you think, the actions you choose, and the energies you engage in your daily life.
2. PAY ATTENTION TO THE SIGNS AND SYNCHRONICITIES APPEARING IN YOUR LIFE – Acting as *Observer*, recognize that life's signs and synchronicities are incoming messages guiding you on your Spiritual journey.
3. ANALYZE YOUR DREAMS FOR SYMBOLS, INSIGHTS AND GUIDANCE – Many of your dreams are communication and guidance from your Higher Self.
4. UNDERSTAND THE IMPORTANCE OF DEVELOPING AND SUSTAINING SELF LOVE – Before you can fully love others, you must cultivate more profound compassion, acceptance and forgiveness for your human self and trust in your Divine Self.
5. INVITE GRATITUDE INTO YOUR HEART – When you are grateful for the blessings in life, you stay in high frequency heart magnetism to manifest more.
6. SEEK EXPERT PROFESSIONAL COACHING, SUPPORT AND HEALING IF NEEDED ON YOUR JOURNEY – Collaborate with an Ascension Teacher/Guide, Spiritual Healer, Nutrition Coach, and/or Acupuncturist, and utilize modalities such as Breathwork, Sound Healing, Somatic Body Movement and Kundalini Yoga. This is an ongoing key to support your transformation.
7. ALLOW YOUR ENTHUSIASM FOR SPIRITUAL MASTERY TO NOURISH AND ENERGIZE YOU, BUT DO NOT PROSELYTIZE – Living in joy, compassion and conscious actions will ultimately support others. You are not here to fix or control others but need to respect their journey.
8. DEVELOP CLEAR CONNECTIONS WITH YOUR OVERSOUL, ANGELS AND SPIRIT GUIDES – As you open your communication network with your Higher Self and Spirit Support Team, it is wise to apply discernment.

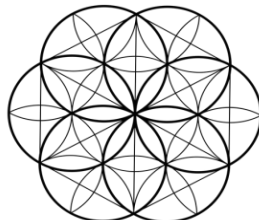


PHASE #2 STRATEGIES - TRANSMUTATION:

During the *Transmutation* Phase, you embark on delayering all the embedded density, trauma, and cellular memory that blocks Soul connection. Clearing and transmuting your field allows you to connect and unite with your Master Soul in accessing your higher guidance and divine superpowers.

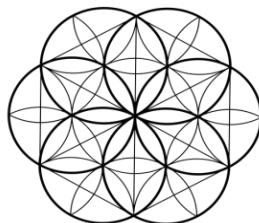
This process is your Spiritual journey, so go at your own pace. It is not a race. It is a deep metamorphosis of every part of your being and life.

1. EXTRACT YOUR ENERGY FROM THE GLOBAL MATRIX HIERARCHY OPERATING SYSTEM – Step by step, you disconnect and shift your energy from the 3D Hierarchy power system into the 5D New Earth circular operating system.
2. ENHANCE PHYSICAL AND ENERGETIC BODIES, AND YOUR LIFEFORCE TOWARDS OPTIMUM HEALTH - Embrace healthy habits, patterns, programs, therapy, in your daily practice for physical, mental, and emotional wellbeing, including detox programs to support physical cleansing.
3. LEARN TO MASTER YOUR ENERGY – Master your thoughts, emotions, and flow of energy. Everything is energy.
4. CONTAIN AND PROTECT YOUR ENERGY FIELD WITH HEALTHY BOUNDARIES – Use awareness, discernment and conscious action in managing and maintaining auric shields (personal boundaries) in an Orb of Light around energy field.
5. DISMANTLE THE EGO'S VICTIMIZATION AND CONTROL – Tame the ego! Clear all victimization programming and belief systems that the ego uses to manipulate others. The ego's job is to serve the Master Soul and life purpose. Stop the ego from sabotaging the highest Divine outcome.
6. UNDERTAKE DEEP SHADOW WORK – Shift your inner allegiance from Ego Will and Shadow Self to your Soul's Divine Will and Wisdom. Clear unconscious ego programming.



PHASE #2 STRATEGIES – Continued:

1. BE AWARE OF THE TRANSFORMATIONAL EFFECTS ON THE PHYSICAL AND ENERGETIC BODIES - commonly referred to as Energy Hangover or Kundalini Flu – take supportive steps with extra silica, salt baths, hydration, liquid minerals, aromatherapy and rest.
2. BE WILLING TO BECOME AWARE OF, HEAL, AND EVOLVE YOUR CORE BELIEFS - Disconnect from ancestral belief patterns. You are literally evolving into a new paradigm, so be ready to let go of all old beliefs that do not serve you, on all levels, and be open to higher dimensional knowledge and perspectives.
3. COMMIT TO UNCOVER AND HEAL DEEP- SEATED TRAUMA AND CORE WOUNDING - You cannot consistently sustain the higher frequency if your core wounding continues to trigger you, limit you and pull you down. This is a major focus of the Transmutation Phase.
4. CONNECT AND HEAL YOUR INNER CHILD - Your inner child must be acknowledged, healed of past trauma and integrated to feel fully empowered and allowed to play, create, and love.
5. WORK ON RESOLVING OUTSTANDING KARMA AND COMPLETE SOUL CONTRACTS - This will set you free of unhealthy entanglements so you can fully evolve into healthy living.
6. TUNE INTO AND UTILIZE THE SOLAR AND GALACTIC ENERGETIC TRANSMISSIONS, GATEWAYS, ECLIPSES AND PHOTONIC LIGHT ACTIVATIONS - These transmissions are galactic gifts, shifts and upgrades that support your alchemical Transfiguration, so utilize them strategically and frequently.
7. BECOME AWARE OF AND ALIGN WITH YOUR SOUL FAMILY – Reconnect with your original galactic OverSoul, Soul Cluster and Home Star.

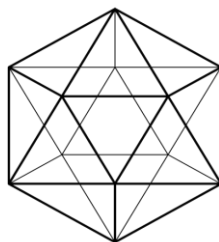


PHASE #3 STRATEGIES – SOUL EMBODIMENT:

Become a Divine Human!

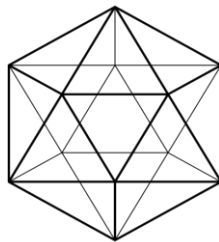
During this Phase you begin to fully embody your dual nature – particle and wave, masculine and feminine, physical and spirit, human and Soul. The more energetic coherence you maintain, the more your physical body will merge and unite with your energetic bodies. Again, this is not a race. *Soul Embodiment* will be achieved over time by diligently doing Shadow work and ongoing delayering Transmutation process.

1. LEARN TO LIVE CONSISTENTLY IN THE PRESENT MOMENT IN THE NOW - Consciously practice TIMELESS PRESENCE IN ZERO POINT BALANCE as a consistent state of being.
2. HEAL, BALANCE AND INTEGRATE YOUR MASCULINE AND FEMININE ENERGIES - Whether you are male or female, it is time to live in union and balance with your Soul's divine feminine and divine masculine energies.
3. EXPAND AND LIVE FROM YOUR HEART, WHICH IS THE DOORWAY TO 5D REALITY - The 5th Dimension is a heartfelt "feeling field". The love frequency in your heart opens the gateway to 5th dimensional access.
4. BE RECEPTIVE TO KUNDALINI ACTIVATIONS – Gradually, gently become a conduit of Soul Kundalini Life Force in your bioelectrical circuitry and Chakra Pillar.
5. ACTIVATE THE POWER OF MANIFESTATION - Evolve from 3D control/force method to consciously manifest with Heart/Soul magnetism. Become an open receiver of Universal Abundance. Learn to manifest all that your soul desires for your highest good.
6. LEARN TO ACCESS, EXPERIENCE AND LIVE IN THE 5TH DIMENSIONAL REALM - Fully understand the difference between 3D physical plane of separation and 5D quantum field of Unity Consciousness.



PHASE #3 STRATEGIES - Continued:

1. LEARN TO ACTIVATE YOUR SOUL LIGHT BODY & MERKABA TORUS - Your Merkaba Torus enables you to function, communicate, and access higher dimensional realms. The Soul Pillar is the central channel of Merkaba Torus and the home for Soul Embodiment
2. LIVE A MULTIDIMENSIONAL LIFE - Operate both your left and your right brain simultaneously in your daily life. 5D quantum living provides access to both the physical realm and the spiritual realm at the same time.
3. LIVE CONSISTENTLY IN UNITY CONSCIOUSNESS - You no longer live alone in separation consciousness, but see/feel/empath the unified field of existence. Your thoughts, emotions and actions affect and inform the collective and vice versa. You are united with All That Is.
4. UNDERSTAND AND PERFORM YOUR DIVINE MISSION - You came here with a specific mission to evolve into living as a Divine Human and assist and influence the global shift. Encoded within your Soul Blueprint is your Soul purpose and mission to contribute building the New Earth Timeline in the Golden Age of Aquarius.
5. DIMENSIONAL EARTH GRID UPGRADES - Join Global Lightworkers that collaborate together in global meditations or travel to locations to work on Gaia's grids and gateways, sacred sites, earth chakras and temples, performing healing ceremonies for the evolution of humanity.



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Meg Benedicte is an International Quantum Healer, Spiritual Teacher, Author and Founder of the Quantum Access® Method. Working closely with AA Metatron, Meg teaches the Quantum Access® method in Online Courses, Webinars and monthly Mentoring Program at her Quantum Access® Academy. Meg is an avid explorer of the Ancient Zep Tepi Mystery School Tradition and offers Quantum Access® to clients, students and global audiences to enhance living Soul purpose and embodiment. Meet Meg at www.megbenedicte.com and Academy at www.quantumaccess.newearthcentral.com

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