



# A GUIDE TO VITALITY & JOY !

The Academy of Life

Universal and Timeless Guidance for Women

Your Portal to Personal Transformation and Higher Consciousness

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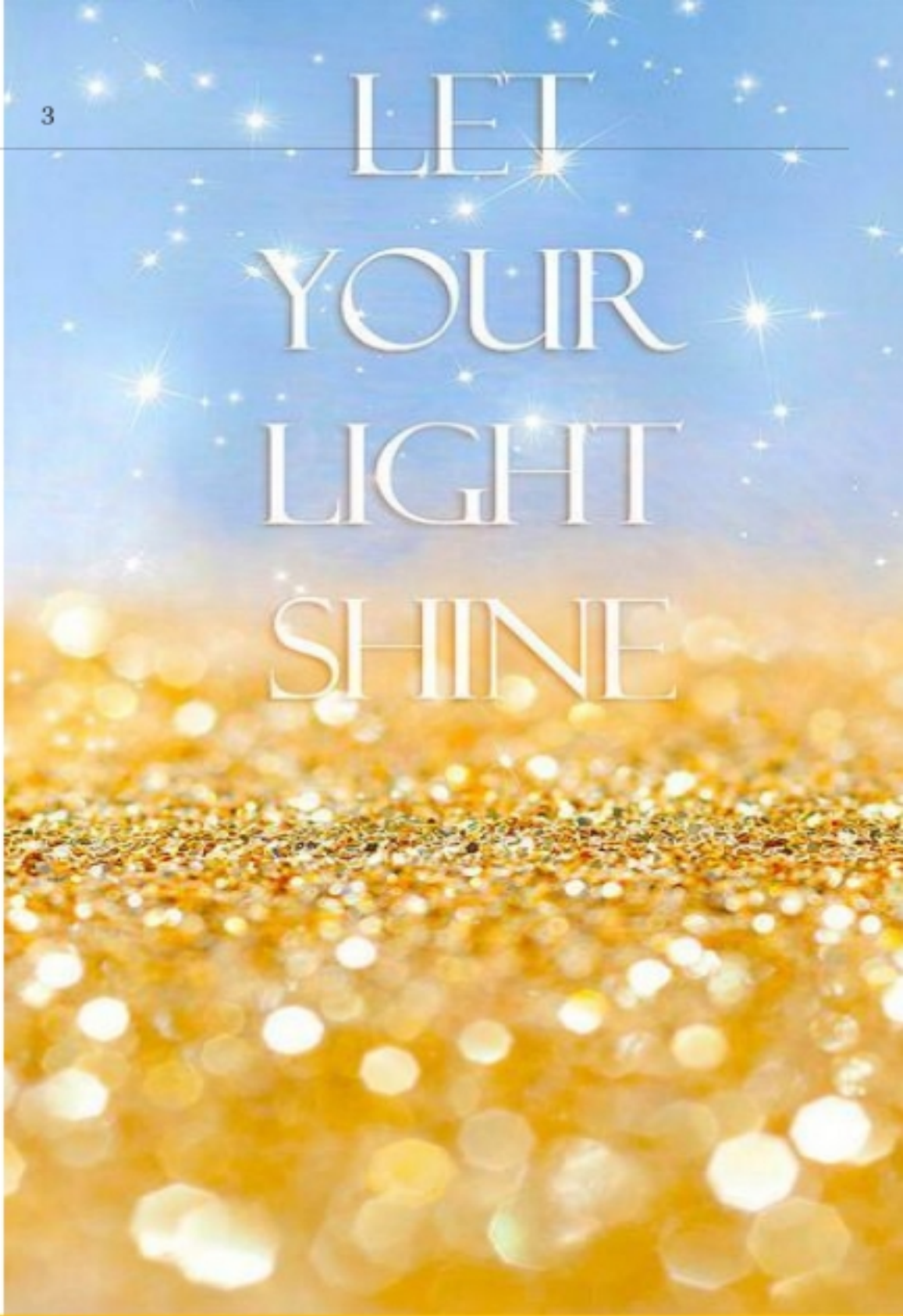
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*let your light shine*

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# LET YOUR LIGHT SHINE

## INTRO TO FIND VITALITY & JOY

*Discover your Best Self !*

*Dive deep into your Essence. Use your Unique Talents and Create more Inner Peace, Harmony and Love. These are the fundamentals to tap into the Eternal and Infinite Source of Vitality & Joy !*

## TAKE SOME TIME FOR SILENCE & MEDITATION

SILENCE has Great Healing Effects and was even used by Buddha to attain Illumination. In 'The Academy of Life' we use moments of Silence to deepen the connection with the Divine. In the chaos and demands of modern day society, the Healing Power of Silence is more urgent than ever. It is a way to Feed the Imagination, to Cleanse and Detoxify the Mind, to Expand Creativity, to Help to discover the Inner Life. Silence can let you see more Clearly the world around you and Boost the Immune System by reducing stress. And last but not least, it Feeds the Soul, Balances Life, Brings Calm, Nourishes the Heart and Brings Joy.

MEDITATION Induces biochemical and physical changes in the Body and Brain. It Produces a decrease in respiration and an Increase in Relaxation, heart rate and blood oxygen saturation levels. Meditation intends to train our Attention for the sake of provoking Insight. A Wider, more Flexible Attention span makes it easier to be Aware of a situation, easier to be objective in emotionally or morally difficult situations, and easier to Achieve a state of Responsive, Creative Awareness or 'Flow'.



# 1. Pure Consciousness

*Pure Consciousness is what we are in our Essence. It's our Self, Pure Witness. However, you need to be aware of it because to be truly Happy, you need to experience your Self.*

Your Body is constantly changing; through pure knowledge you could understand how many different bodies you have had and yet you are the very same Existence. You may not be able to recall one single body out of those thousands of bodies that you took, but yet you are the same unchangeable Purity. Similarly, the Mind too is in flux; it is always changing with plenty of good and bad thoughts all the time. It is you and you alone who are witnessing these changes happening in body and mind continuously. But you're not the changes. You are a Divine Spark of Pure Consciousness. As not knowing your Eternal Pure Self causes suffering and pain, the Golden Key is remaining detached and being a watcher. In cultivating Self-awareness you'll find an immense Joy.



Use Technology consciously. Take some distance from time to time. Having a break of it gives Oxygen and Peace.

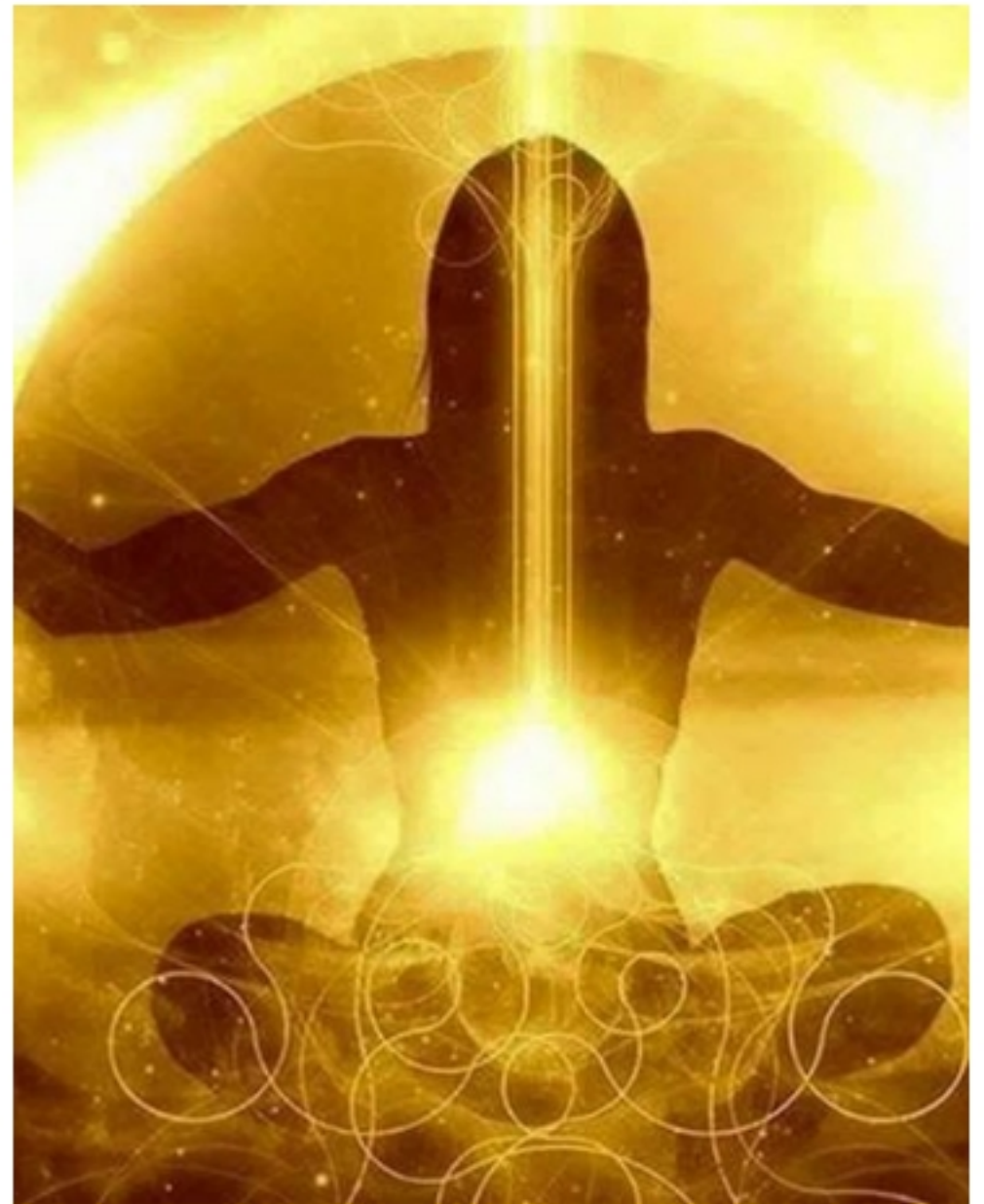


Go out for a walk in Nature. Hearing the birds and seeing the beautiful colours of flowers relaxes the Mind and opens the door to the Self.

## 2. Pure Love

*Pure Love is the Universal Energy, the infinite Life Force that binds us together as One.*

Many of us go through life searching for love outside of ourselves, viewing ourselves as separate and desperately trying to find our place in this world by making others love us. The moment we shift our awareness to the love that we are we naturally express ourselves as the loving beings that we were intended to be. We love ourselves and others with no judgment, no expectations and no conditions. When we encounter the fears of others we see their true essence regardless of their actions and understand that behind their fear they are simply pure love. Our circumstances can remain the same but when we shift our awareness from fear to love we accept everything just as it is, knowing that nothing can take us away from that which we were meant to be.



The greatest Gift we can give ourselves, our loved ones and the world in its entirety is to know and feel that we are never separate from anything.



The moment we truly come to understand that Pure Love is the essence of who we are, we begin to naturally express ourselves with gratitude for everyone and everything that crosses our path.



### 3. Pure Light

*We are Pure Light, Spiritual Beings journeying in a physical form.*

We are a Spark of the Divine and at the same time we are walking the earth. We are children of the One. We are Magnificent, Beautiful and Enlightened. We don't even have to look for it, its already within us. Mystical traditions knew that everything is energy: billions of molecules each acting as their own cosmos. As nothing in this world is just physical, it's this culmination of constantly moving energy creating matter. Knowing how to use form optimally was the work of the sages, and is now becoming the practices of the awakened collective. This is Heaven on Earth. As above so below. The light body is our vehicle to graduate from the human condition to return to source. If the goal of each soul is to merge with God, then the activation of our light body is what gets us there. Therefore it's important to be impeccable with your word and heal what clouds your mind, allowing more Light to penetrate. More Light is more Vitality & Joy !



Vibration and Purity of Intention must be in place before undergoing the activation of the Light Body.



The food we eat carries cellular vibrations and memories. Do you know how was your meal gathered, treated and prepared?

## 4. Who are You ?

*A Spark of the Divine ! Activate within yourself all the Best to realise your Essence. Repeat the following Affirmations with Power, Strength, Believe and Endurance and see the Magic working.*

I Am Life, I Am Consciousness, I Am Light, I Am Love, I Am Peace, I Am Harmony, I Am Intelligence, I Am Joy, I Am Honesty, I Am Health, I Am Purity, I Am Truth, I Am Strength, I Am Happiness, I Am Intuition, I Am Compassion, I Am Comprehension, I Am Wisdom, I Am Justice, I Am Discipline, I Am Determination, I Am Forgiveness, I Am Sensible, I Am Victory, I Am Perfection, I Am Freedom, I Am Beauty, I Am Creativity, I Am Abundance, I Am the Divine in Action

Find for yourself other Positive points to add on the list to Perfection and go, gooo, gooooo for it !



Use some shamanic drum music to recite all your 'I Am's' with Force. It will help you to really embody what you're saying. Remember: 'In the beginning there was the word...'



Move, move, move!! Let your Body dance on the Music while you're reciting and feel the vibration of the words in all your cells.



## 5. Where do You come from ?

*Yes, it's important to know who we are but also where we come from. It's our compass of Life !*

Our Source, the One and Only, is Eternal and Infinite Truth. It is 'what always was', 'what is' and 'what will be forever'.

Truth is like a Diamond, the Crystal which shines brightly. But our Crystal of Light can sometime be veiled by dust or can even need to be polished again. The dust, clouds or veils are thoughts, spoken words and deeds which are not aligned with the Pure Truth. We call them faults, lies, sins etc. This 'breaks' our Vessel of Light... Because the whole Existence is Energy everything vibrates for the Eternity in the Global Universe. The day we have a 'Wake-up-call' we know returning to our Common Source can only be realised when we Clean and Purify what we emitted. Yes, the Big Work can start: Analyse our Lives in every detail, Rectify and Repair the broken vessel.

When this is done seriously it liberates our Essence. We feel more at Peace, in Harmony, Grown out of some clothing which became too small and tap into the Infinite Source of Vitality & Joy !



Let Your Light Shine !



Water helps us Think, Focus and Concentrate Better and Be more Alert. It Flushes out toxins, Raises our Metabolism and has zero calories! As an added bonus, our Energy Levels and Vibration are also Boosted!



## 6. How to find Reconnexion ?

*Apply the art of Forgiving. Learn Dharma and Heal Karma. Dive into the world of Sacred Geometry. Use some Breathing Techniques.*

As we ourselves can need some 'cleaning work', others can also have their work to do... Forgiveness is the release of resentment or anger. It can be incredibly difficult. But as hurt people hurt people it is one of the Key Foundations in Life and last but not least; it is vitally important for our own Health.

Dharma is the action that feels to be the right thing to do, and makes us feel aligned with our Highest Self. Acting on our Dharma gives a sense of Right Living, and a sense of Fulfilment and Contentment.

Sacred Geometry shows that all things in existence have a geometric and mathematical proportion. This includes not only structures of all sizes, but music, cosmology, our DNA, and even space and time, which all resonate with a particular set of harmonics and measurable frequency. Sacred Geometric symbols were believed by ancient cultures to be visual instruments that have profound healing effects. Meditating on these forms was thought to bring our vibrations back into harmony with the rhythms of nature.

Respiration Techniques are the Key to opening our Energy Channels. It can give access to a state of Enlarged Consciousness and open the door to our authentic Self and Intuitive Wisdom. Change the Way you Breath and you'll change the Way you Think, the Way you Feel and the Way your Vibration is. The More you Breath, the less you need. The More you Breath, the More Abundance you'll have and that's your Birthright !



And of course there are lots of other methods like Reflexology, using Precious Stones, Sacred Science, Colour Therapy, the Clean House Technique, the Alpha & Omega Diet etc... ..



As the whole Creation is the Reflexion of our Creator, our Common Source, living this Beautiful Present in all her aspects can be a 'Step-up' to the Seed of everything! The Result is more Vitality & Joy !



## WHAT CAN MAKE THE DIFFERENCE ?

Surround yourself with Positive-minded people who know what it means taking a 180° loop to accomplish the Real Mission for which we came on earth. Yes, you're not alone! Walking the path towards more Vitality & Joy knows lots of visitors. Join the Club!

Welcome to :

### 'The Academy of Life'

Dynamic Coaching for Reconnexion

Universal and Timeless Guidance for Women

Your Portal to Personal Transformation and Higher Consciousness

Purify Body, Heart, Soul and Home

Gain Energy, Become Stronger, Happier and Healthier

Transcend Duality, Become a Pure Channel and Access the Divine