

**Conscious evolution process:  
Becoming who we really are.  
*Soul Matrix Clearing and Light Body Attunement***

This process is for those of us who yearn to deepen our relationship with our inner Self, to experience the unconditional love and wisdom beyond our own consciousness and to participate consciously in our own spiritual evolution. It requires a major commitment of ourselves, our time and our focus.

One-to-one sessions of 3-4 hours each are held on four consecutive days, followed by a balance and integration session of 1-2 hours on the fifth day. Each session begins with a consultation. During clearing and attunement sessions, clients lie on a healing table and experience themselves simultaneously present in the room and in a state of deep stillness. All information comes directly through the client. The facilitator acts solely as a guide, as an instrument for the perfect all-encompassing and all-loving field of pure consciousness, and as a recorder of the session.

**Intention of Soul Matrix Clearing and Light Body Attunement**

- To break through and release from a deep cellular level the web of blockages and limitations we have acquired throughout our soul's history or chosen from the vast history of collective evolution, which prevent us from being one with the love and wisdom of our inner Self.
- To understand our life experiences, not as randomly imposed suffering and pain, but rather as experiences chosen by the soul for the deepening of compassion and the expansion of wisdom.
- To remember what we have known and mastered before as a resource ready to manifest at this level now.
- To align ourselves with our soul's purpose.
- To access universal consciousness and knowledge.
- To open and strengthen our connection to the inner Self, to pure consciousness and to guidance from within.
- To let ourselves be guided to the awakening of our full planetary consciousness, beyond our emotions and the fear of death, to the experience and understanding of our Oneness with pure consciousness.

**The Soul Matrix**

The Soul Matrix is the grid of light through which the soul is woven like a multi-layered tapestry. During aeons of karma-generating lifetimes – our own or our forefathers', we will never know for sure – this brilliant, pulsating matrix has become imprinted with patterns of denser or heavier energies. The density of these energies may have restructured the soul's vibrational frequencies and diminished its radiance. The primary causes often manifest as a traumatic experience of separation from Oneness, whereby the soul forgets its original perfection and falls prey to fear, anger and mistrust in being loved. Through the process of Soul Matrix Clearing, the soul begins to return to its light and to its state of perfection.

**Soul Matrix Clearing**

Under guidance by the inner Self, access is gained to the soul matrix and its imprinted patterns. As they emerge, they begin to reveal cycles in which we have been burdened by our fear, anger, judgement and concepts of guilt, when we played the roles of both victim and victimiser and suffered pain caused by our lack of trust and separation from pure consciousness. As these patterns are being understood and transformed, we may realise that our inner Self has chosen these roles in order to advance the freedom of the soul – and with it: human collective consciousness – in its evolution.

## **Light Body Attunement**

During each session, as limiting patterns are released, we experience more and more the radiance of the soul's tapestry in our being, as well as the attunement of our energy frequency to increasingly more subtle levels.

## **Balance and Integration**

During the balance and integration session, client and facilitator together review the experiences of the four prior sessions and their application in daily life; the client is also given assistance with regular meditation and other activities supportive to the work.

### **Individuals who find this work most helpful:**

- Those who feel they have experienced the full potential of the left brain and are aware they have greater capacity and understanding yet unaccessed;
- Those who have experienced the creative potential of the right brain but find it difficult to function successfully in the world;
- Those who are experiencing a new dynamic of change in their lives and seek clarity and centeredness in its midst;
- Those who have achieved the level of success they sought in their lives and still feel incomplete;
- Those who have not achieved the level of realisation they expected in their lives and don't understand why;
- Those who feel stuck in old relationships, situations and behaviour patterns and seek to go beyond the limitations of their attachments and their pain;
- Those who have had revelations and experiences of elevated consciousness which they have been unable to integrate into their lives;
- Those for whom other kinds of counselling has not moved far or fast enough;
- Those who are confused about their purpose in life and are asking themselves, "What am I doing here?"

Autigny, March 2011