



Course Outline

Level Up your Life Raising The Frequencies With Pleiades

- This is a 12-month course, which will meet most weeks for 1.5 to 3 hours. The duration of each class is dependent on the programmed lessons.
- This course will be recorded so that students may access the content.
- The Core Program, which is 16 life changing classes, will involve Chakra Activation with Pleiades, healing your soul, the removal of old programs and balancing your entire physical and energetic body.
- This course will be online live with translation of Russian and English languages.
- Students will receive healing from Mira during each class.

COURSE DETAILS

Core Program: January – April

January 8

- Introduction and receive messages from Pleiades.
- Activation of synergy of chakra bodies and transition fields.

January 15

- Chakras definition and introduction to their codes. **Activation of a new chakra system.**
- Introduction to the fundamentals of transitioning to higher frequencies for the consciousness and for the body.

January 22

- The 1st Chakra (Root Chakra) is the foundation of your life. It is responsible for your personal and social life, love and sense of stability. It's a center of creation and transformation. Working with this field allows you to up-level your life in every aspect.
- Cleanse and activate your 1st Chakra energy system. You will be fulfilled with an energy that recharges you and removes your blocks from this chakra.
- Learn the Matrix Codes 0 and 1 (their meaning and use cases).
- Learn how to clear and activate the 1st chakra. You will master these techniques by the end of the course.

January 29

Energy practices – work with techniques to activate the chakra system.



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February 5

- The 2nd Chakra (Sacral Chakra) is responsible for your well-being and how you experience sexuality, creative expression and emotions. Working with this chakra, the center of your passion, enables to leverage your power of choice, create genuine intimate relationships and increase your emotional well-being.
- Cleanse and activate your 2nd chakra energy system. This chakra will be fulfilled with an energy that recharges you and removes your blocks. Your organs and cells will be cleared and recharged.
- You will learn how to remove the stagnate energy.
- Learn the Matrix Code 2 (meaning and use cases).
- Learn how to clear and activate the 2nd Chakra. You will master these techniques by the end of the course.

February 12

- The 3rd Chakra (Solar Plexus Chakra) is responsible for the lymphatic system. This is your body's power house. It's responsible for the blood flow, arteries, capillaries and cell's membrane. The health of this chakra influences your self-esteem, sense of identity and purpose and your digestion system.
- Cleanse and activate your 3rd Chakra. This chakra will be fulfilled with an energy that recharges you and removes your blocks.
- **Introduction to your negative programming and karma relations. Understand how your birth karma programs can be transformed.**
- Learn the Matrix Code 3 (meaning and use cases).
- Learn how to clear and activate the 3rd Chakra. You will master these techniques by the end of the course.



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February 19

- The 4th Chakra (Heart Chakra) is responsible for higher frequency fields, which allow the transition to more resourceful programs. Such programs for humans are love, happiness, wealth, abundance and everything that is related to these. By increasing the frequency within this field consistently, and with mediation, you could reach the self-activation of enlightenment.
- Cleanse and activate your 4th Chakra. This chakra will be fulfilled with an energy that recharges you and removes your blocks.
- Learn the Matrix Code 4 (meaning and use cases).
- Learn how to clear and activate the 4th Chakra. You will master these techniques by the end of the course.

February 26

- The 5th Chakra (Throat Chakra) is responsible for communication, self-expression and your ability to speak your soul's truth. By working with this chakra you will release repressed fears, resentments and negative programs. The result of this experience is an emotional balance.
- The 8th Chakra (Soul Star Chakra). As the doorway between your soul and physical body personality, this chakra is an important energy center. Working with this chakra enables you to master communication of divine love and compassion to improve your social life realization. Activation of this chakra will improve your communication with your guides, angels and Pleiades.
- Learn the Matrix Code 5 (meaning and use cases).
- Learn how to clear and activate the 5th and 8th Chakra. You will master these techniques by the end of the course.

March 5

- The 6th Chakra (Third Eye Chakra). This chakra is responsible for processing cosmic knowledge and remembering the information. Each of us has our own personal volume of information field that we are capable of processing. Just as a computer has different memory volume and processor power, people have different brain and mind capacity. The old programs, that were already worked through and are not serving you any more, should be released in order to create the space for the new programs. The more resourceful this chakra is, the easier it is for you to learn, process and memorize new information in any form.
- Learn the Matrix Code 6 (meaning and use cases).
- Learn how to clear and activate the 6th Chakra. You will master these techniques by the end of the course.



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March 12

- The 7th Chakra (Crown Chakra) is responsible for providing cosmic energy to all of your energy systems. This is necessary for your energy systems to recover and regenerate to their fullest potential. This chakra is your connection to the divine. As such, it gives you the awareness that you are a soul in a human body.
- You will learn to replenish and revitalize this chakra using the universal absolute energy.
- You will learn and practice: system of resources for the chakra channel, ether bodies, membranes and energy channels.
- You will learn how to set up the physical body up with breath.
- You will learn the Matrix Code 7 (meaning and use cases).

March 19

- Introduction to the 11th Chakra (Galactic Chakra) encompasses total cosmic wisdom and will enable you to travel beyond space and time. This is the level where you are able to directly work with Pleiades to help other people.
- Activate the 11th Chakra.
- Learn energy practices with Pleiades.
- **Create your own Matrix Codes**

March 26

- Learn how to protect your energy field. As many elements can intrude you with negative energy, it is important that you are able to effectively protect yourself from such intrusions. By protecting your energy field, you will safeguard your mental, physical and emotional state.

Code 8 – meaning and use cases.



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April 2

- Introduction and initial activation of your Monad. This is your soul's foundation, which was created from every event code and civilization throughout your souls history. Monad is one of the components of our soul. It is the combined experience of multiple incarnations into a single structure. This structure spreads through the fields of the soul's incarnation and different layers of the universe. The Monad can spread through various systems of the universe. This is where all of your soul's experience are accumulated.
- Remove remaining programs that do not serve your path and create a flow state.

April 9

- Practice energy work with Pleiades.
- Work with energy blocks based on individual request.
- Guided meditation for grounding and empowerment.

April 16

- Practice connecting with Pleiades and doing the energy work.
- Activation of your Monad.
- **Revelation of talents of Siddhs.** Reveal your physical and spiritual talents
- **Code of Life.** Is this when they create their codes or?

April 23

- Activate and charge your Kundalini and sexual energy. Learn how to practice this with Pleiades.
- Learn your Kundalini code.
- Comments on the core classes and practices for chakra system activation.
- Q& A



Course Outline

Level Up your Life Raising The Frequencies With Pleiades

Master Your Practice: May – December

The purpose of this phase of the course is to routinely:

- practice your chakra activation,
- deepen your practice with Pleiades,
- continue working with personal blocks (based on your request),
- receive an energetic charge from Mira, which will hold you for the week so that you can
- have self-realization within all aspects of your life,
- have your questions answered so that you can progress your practice appropriately.

By the end of this course, you will be able to:

- Open, clear and activate all of your chakras with ease,
- Use your own matrix codes to guide your life path,
- Practice quantum transformation of all systems and programs on a DNA level.
- Initiation to cosmic energy for yourself and others.

All students who complete this course and practice each week, will level up their life and become a Guru of this work.

Be Well and Best Of Luck In All That You Pursue!

Master your Practice Schedule

May	June	July	August	September	October	November	December
7	4	2	6	3	1	5	3
14	11	9	13	10	8	12	10
21	18	16	20	17	15	19	17
28	25	23	27	24	22	26	24