



# KUNDALINI DANCE FACILITATOR TRAINING

## TANTRIC SHAMANIC PRIESTESS INITIATION

### MODULE ONE

### Inner Alchemy Foundational Online Learning Curriculum

MARCH to JUNE 2023

*A Four Month Online Programme*

Over four months we will journey through 8 chakras – designed to give you an in-depth experience of everything that may arise as you dive into the holograms of the chakras.

Leyolah will host two 2-hour zoom sessions each week.

Covering the full spectrum of the alchemical process, dance activation, core themes of the chakra, tools for transformation and the higher qualities that can be integrated and embodied through the practice.

## **CHAKRA ONE**

Root System

Returning Home to Your Body

Chakra :: Root Chakra

Goddess Guide :: Divine Mother Sophia

New Earth Archetype :: Shamanic Womb Priestess

Black Rose

Ruby Red Ray

Element :: Earth

Body Parts :: Legs, Anus, Perinium, Pelvic Bowl, Coccyx, Sacrum

### **Cultivate**

Stablising - Rooting - Grounding

Creating Primordial Safety

Embody the Divine Mother

Deepen Trust in the Feminine

Womb - Pelvic Bowl Clearing

Shakti Bowl Activation Breath

Returning Home

Finding Place - Belonging

Sovereignty

### **Transform**

Survival Fear

Abandonment from the Mother

Mistrust in the Feminine

Body Shame

Scattered : Fractured : Disconnected : Disassociated : Disembodied States

### **Higher Codes Embodied**

Activating Abundance Codes

Wealth Creation

Mother

Rewrite your root chakra myth around abundance, belonging, family, tribe and relationship  
to body

## **CHAKRA TWO**

Sensual Feminine Essence

Chakra :: Sacral Chakra

Goddess Guide :: Isis - Aphrodite

New Earth Archetype :: Serpentine Water Priestess

Red Rose / Pink Rose

Citrine Orange Ray

Element :: Water

Body Parts :: Sexual Gates, Yoni, Womb, Cervix, Ovaries

### **Cultivate**

Sensuality - Soft Feminine

Reclaim Erotic Innocence

Sexual Energy - Kundalini

Creativity

Womb Consciousness

Sovereignty

Containing Sexual Power

Tantric Transmission

### **Transform**

Sexual Shame

Past Hurts with Men

Ovarian Gates Clearing Ceremony

Leaking Sexual Power

### **Higher Codes Embodied**

Sacred Sexuality

Creative Expression

Rewrite your sexual story, and open to the vast possibility of your sexual energy as a creative, evolutionary life force

## **CHAKRA THREE**

Soft Power

Sacred Feminine Leadership

Chakra :: Solar Plexus Chakra

Goddess Archetype :: Wild Feminine Archetypes :: Sekhmet - Kali - Lilith

New Earth Archetype :: Warriress of LOVE

Golden Yellow Rose

Gold Ray

Element :: Fire

Body Parts :: Digestive System, Metabolism, Stomach, Belly, Liver

### **Cultivate**

Feminine vs Masculine Power

Fearlessness

Self Empowerment

Sacred Leadership

Joy - Radiance

Magnetism

Discernment - Boundaries

Gut Knowing

### **Transform**

Anger : Sacred Rage

Control : Surrender

Powerlessness : Self Authority

Victim : Creator

Anxiety : Acceptance

Inner Child

### **Higher Codes Embodied**

Sacred Feminine Power and Leadership

Co Creation - Shared Power - Interdependence

Writing a new story of power for the collective

## **CHAKRA FOUR**

Return to Love  
Sacred Relationships

Chakra :: Heart Chakra

Goddess Archetype :: Mother Mary - Quan Yin - Green Tara

New Earth Archetype :: Priestess of the Rose

Pink Rose

Emerald Green Ray

Element :: Air

Body Parts :: Heart, Lungs, Chest, Upper Back, Breasts, Arms

### **Cultivate**

Sacred Relationships

Love

Inner Marriage

Sacred Inner Union

Pink Rose

Compassion

Communion

Forgiveness

Surrender

Open to Receive

### **Transform**

Wounds of the Heart

Unworthiness

Betrayal

Mistrust

Grief - Loss

Heart Break

Pain of Separation

Aloneness

### **Higher Codes Embodied**

Sacred Union

Rewrite your heart chakra myth around sacred relationship, worthiness to be loved  
cherished, met and held in love

**CHAKRA FIVE**

Alchemy of Ecstasy

Moving from Separation to Oneness

Chakra :: Thymus Chakra

Goddess Archetype :: Christos Sophia

New Earth Archetype :: Star Priestess

Blue Rose

Aqua Blue Ray

Element :: Star Light, Venus

Body Parts :: Higher Heart, Thymus Gland, Immune System

**Cultivate**

Unconditional Love

Inner Peace

Oneness

Divine Love

Original Soul Essence

Spiritual Longing

Unity Consciousness

Alchemy of Ecstasy

**Transform**

Wounds of Separation from Divine

Fear of God

Inability to express emotions

Denial of Higher Dimensions

**Higher Codes Embodied**

Living your Soul's Vocation

Star Seed Remembrance

Rewrite your thymus chakra myth around your connection to others and divine, your  
capacity to live in ultimate state of health and well being

## **CHAKRA SIX**

Free the Voice

Awakening Authentic Expression

Chakra :: Throat Chakra

Goddess Archetype :: Hathor - Magdalene

New Earth Archetype :: Oracle

Blue Rose

Sapphire Blue Ray

Element :: Ether :: Energy

Body Parts :: Throat, Neck, Shoulders, Thyroid Glands, Voice, Tongue, Jaw

### **Cultivate**

Communication

Creative Expression

Self Acceptance

Divine Design

Channel for Truth

Unique Soul Voice

Soul Gifts

Oracular Voice

Conscious Speech

Codes of Souls Destiny

Vocal Eloquence

### **Transform**

Hiding True Self

Fear of persecution

Self Judgement

Priestess - Witches Wound

Veils of Silence

### **Higher Codes Embodied**

Rewrite your inner myth around your voice, visibility, being seen, being heard, speaking truth, expressing your authentic soul

## **CHAKRA SEVEN**

Awakening Intuition

Co Create with Divine Intelligence

Chakra :: Third Eye Chakra

Goddess Archetype :: Saraswati - Maat

New Earth Archetype :: Visionary Priestess

Incandescent Rose

Indigo Blue Ray

Element :: Subtle Energy

Body Parts :: Pituitary Gland, Pineal Gland, Higher Brain Center, Medulla Oblongata

### **Cultivate**

Trusting your Intuition

Inner Vision

Higher Wisdom

Receive Divine Guidance

No Mind Zone

Stillness

Inner Silence

Multi Dimensional Awareness

Receive Initiation through symbols

### **Transform**

Negative Beliefs and Behavioural Patterns

Ancestral Conditioning

Generational Trauma

### **Higher Codes Embodied**

Rewrite your inner myth and how you can access the gifts of the inner self and realize the highest potential of your being on every level



## **CHAKRA EIGHT**

Co-creating with Divine Intelligence

Chakra :: Crown Chakra

Goddess Archetype :: Queen of Heaven - Cosmic Sophia

New Earth Archetype :: Alchemical Priestess

White Rose

Violet Ray

Element :: Light

Body Parts :: Crown of the Head, Soul Star Chakra, Pineal Gland

### **Cultivate**

Receive Divine Light

Light Masculine

Light Feminine

Spacious Divine Consciousness

Return to Paradise

Bring divine conscious back into the Body

Sacred Inner Marriage

Devotion

### **Transform**

Mistrust in the Masculine

Sense of Unworthiness of Divine Love

### **Higher Codes Embodied**

Rewrite your inner myth around your relationship to the masculine and to God. The energy available through the crown chakra offers us up to inspirational thoughts and higher guidance around all areas of our lives

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