

# DREAMPORTING

## Quantum Leap Virtual Retreat

Aloha!

Here is the link to the recordings and integration work for both days of our Virtual Retreat! Each class is about 90 minutes followed by Q and A which you can skip over if you'd like.

### **RECORDINGS:**

#### **DAY ONE: PURIFICATION**

<https://youtu.be/flABlfm44wA>

#### **DAY TWO: TIMELINE SHIFT**

[https://youtu.be/\\_vutGEiKuEU](https://youtu.be/_vutGEiKuEU)

After each class, here are things you can do on your own:

### **RITUALS/INTEGRATION**

#### **RITUALS TO DO AFTER DAY ONE (OR DAY TWO IF YOU DIDN'T HAVE TIME BEFORE)**

Here are a series of short rituals that will transform your life if you do them without rushing, and with deep intention and with your heart. If you do not have space or do not resonate with one of them, you can skip it. Follow your guidance and muscle test if you have any questions on what and how to do anything. As you become self-reliant on your intuition, you will go far.

Mirror Magic: Take a few minutes to set up a mirror in your bathroom or other space where you will not be disturbed and can express freely. Clean the surroundings, light a candle if you'd like, and play music that will evoke emotional release. Here are a few songs if you'd like: Playlist for Rituals

PART I

Call in your guides and angels to support you in this ritual. Call on your inner child or an aspect of self that has been buried away, hurt or mistreated. Begin to apologize to yourself while looking in the mirror out-loud with your voice.

You can say things like: "I'm sorry that this happened. I'm sorry I've been hard on you. I'm sorry I haven't listened to you. I apologize for not having your back sometimes. I'm sorry for rejecting you, or betraying you."

Muscle test or use another method to verify that this ritual is complete. Until you get a strong yes, make sure to keep going until you truly face and apologize to yourself in order to complete this healing process. It's normal to feel resistance come up, but this means moving through it and staying present will reap great rewards as you free yourself from this invisible wall that separates you from greater access to Self and Life.

## PART II

After taking a few minutes to recenter yourself and nourish yourself as needed with a shower, food, hugs, or whatever you desire, return to the mirror. This time you will build yourself up, and speak to yourself in an empowered way, out loud things like:

"You are a rockstar. You are so courageous making it this far... You are such a sexy, brilliant being!"

Let it be authentic yet allow yourself to really go there - don't try to filter what wants to come out in fear of being "egotistical". The ego isn't "bad" but something we get to integrate and having a healthy sense of self while being one with all is a balance that will serve you greatly while still in human form. Muscle test and be sure to keep going until you get a full YES that this transformation process is complete. Really look at yourself in the mirror - many people say they look brighter, younger or more powerful or beautiful. Not only are you improving the way you actually see yourself by dissolving illusory filters that may make you look less beautiful, but you are charging your cells and programming them to be of love, beauty and vitality.

## PART III

Start a bath or shower. Ask the angel of water to charge it and release all emotions, thoughts, energies and toxins from your being. Take a few minutes to breathe slowly and feel and imagine shedding off what no longer serves you while staying grateful, and equanimous to what you feel in the moment.

## PART IV

Create a fire. It can simply be a candle, the stove, or a lighter if you do not have access to build a fire or use a fireplace. Call in your guardian angel and ask that you are guided as you write on one piece of paper a list of a few things you are letting go of such as (rejecting parts of myself, putting pressure on myself like my parents did, allowing something that should not be allowed, an unhealthy habit, etc). Only put down what you are guided to intuitively, and muscle test if you are not sure. Go through each one and meditate on who you would be if you let this go? Commit within your heart that you are ready to let it go, even if it seems challenging, and that you will be supported in this as long as you are DECISIVE and truly mean it. When you are ready as the spirit of the fire to destroy whatever is on the paper and dissolve it from your life with grace and ease.

Take a few minutes as you may feel shifts in your body and insights come forth. Journal. Relax and be easy on yourself and extra gentle as you surrender to the unfoldment.

## **DAY TWO: INTEGRATION**

Journal on the following:

How do I get to speak, act, move, perform etc as your archetype. Example: As a priestess of love, I get to relax and allow in the full joy and presence of each moment without trying to control or close off my overflowing heart.

What actions am I guided to take to move forward on my new timeline? These can be things to release, shift, or add to your life.

Are there any relationships in my life I get to communicate with and optimize, by fully standing in my truth with compassion and trust?

Recoding your Life :

Speak your affirmation (make me\_\_\_\_ ) right when you awaken and right before you sleep each day. Visualize and/or feel you embodying that archetype throughout the day and successfully feeling it as already done. Ask your angels for support at least twice a day in your health, abundance, guidance and spiritual attainment.

Even though you may have experienced profound results, there's a lot you can do to hold and seal this energy and even more deeply transform and integrate yourself

into your Great Self. We recommend considering moving to the full system of Dreamporting Mastery + Certification. Discover more here:

[www.dreamporting.com/mastery](http://www.dreamporting.com/mastery)

Admissions close on April 13 and we'd love to have you join our mystery school!

Email us with any questions! We'd love to support you in achieving your dreams and returning to your True Self :)

Remember to be gentle and easy with yourself as your mind, emotions, life and physical body integrate profound shifts and agreements that are still unfolding. Follow your intuition, continue to ask for support from your divine family, and enjoy the magic unfolding as you continue to align with your true self and the divine laws of reality, in this beautiful school called life!

Love,

Daniel Raphael & the Dreamporting Team

Email: [info@dreamporting.com](mailto:info@dreamporting.com)

Instagram: @danielraphael