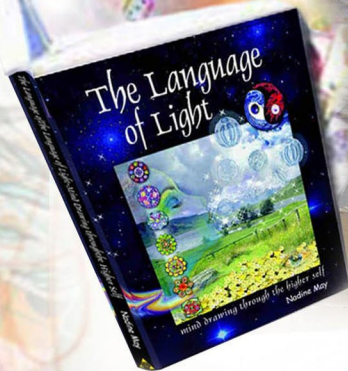


Conclusion

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ONE DAY YOU'LL BE
FOR ME
AND I'LL BE GO

Your Base Chakra Meditation

Visualise that your Base Chakra's grounding cord is reaching deep into the essence of planet earth. Become at one with any of your five senses until you feel completely at one with the infinite.

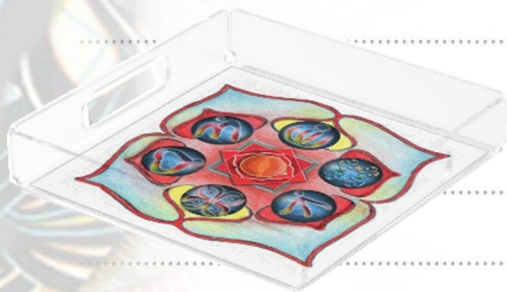
When for the first time
a young shoot experiences the
warmth of a sunray, the urge to reach
higher can only be safe when its roots are
spread out wide. Likewise your spiritual or-
gan, your **Base Chakra**, feels the love en-
ergy from your first six **Soul** qualities
pouring through its red ray. It's these
qualities that bring forth the force
you might call ecstasy.

When the spinning force of this Root chakra is experienced physically, you are truly preparing a body temple for your Soul in order to become the master of your third dimensional form.

Your Spinning Chakra
Feeling words



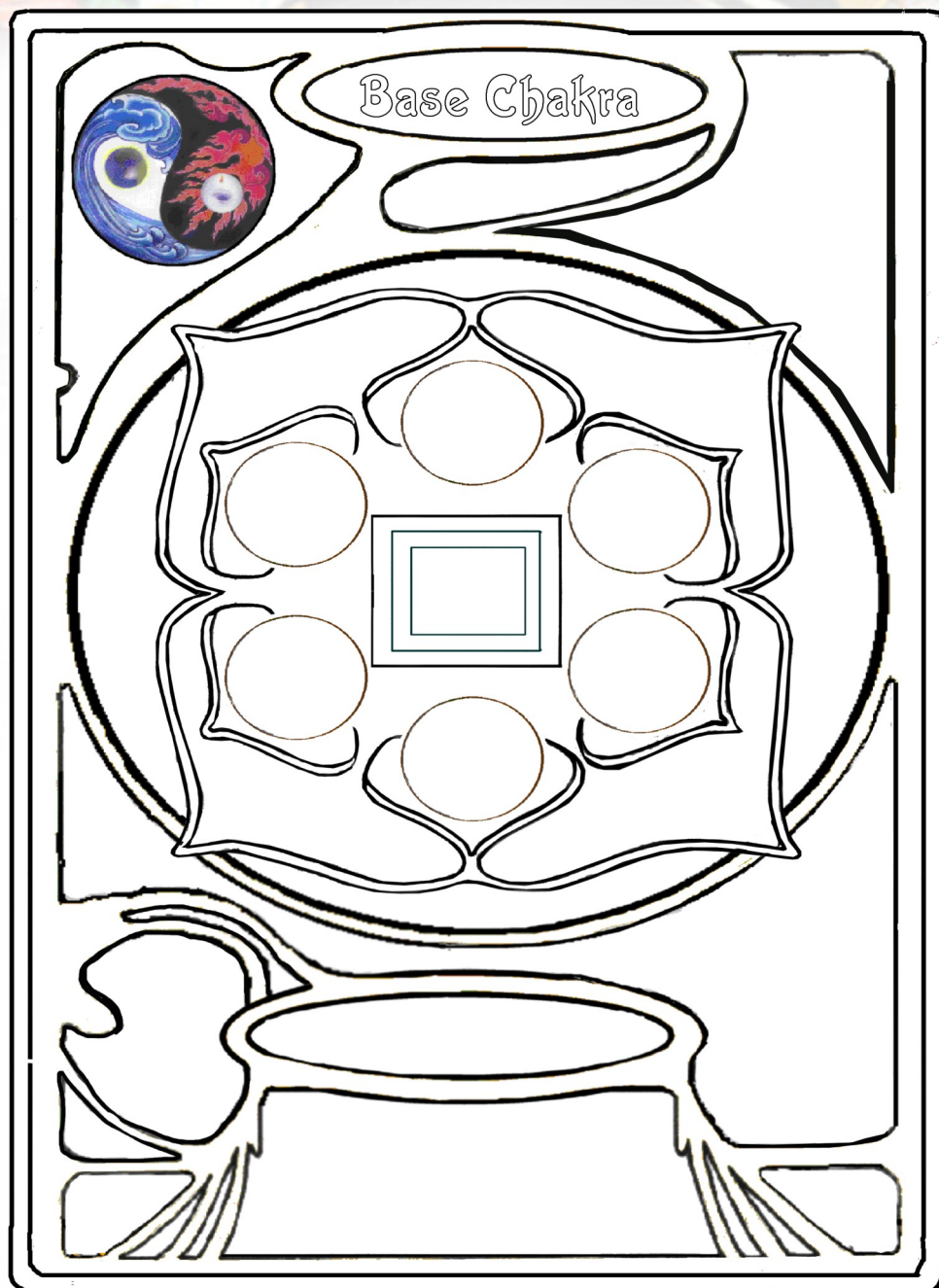
Take Notes on what came up
for you in connection with
your Base Chakra
Initiation.



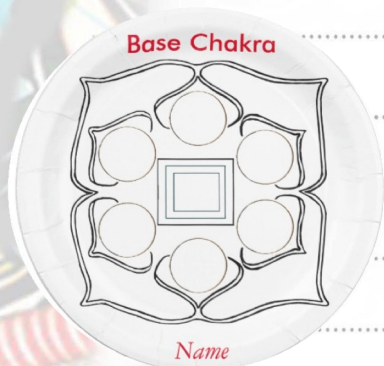


Your First Initiation Channel Doodling





Journaling on your Spinning
Base Chakra





Earth Power

This source of energy comes from the planet itself.

Through your next freehand doodling you absorb Earth power and through coloring your Earth card you create a grounding intent.

Earth power is divided into five main divisions.

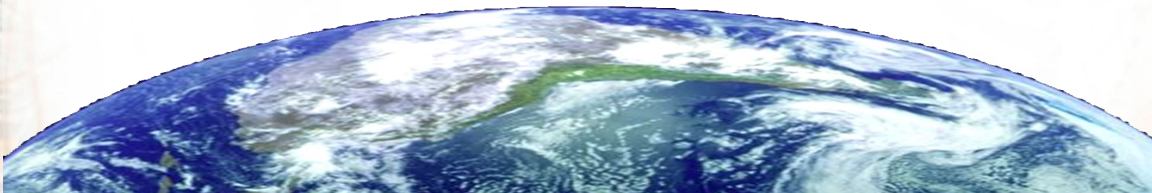
Earth, Water, Air and Fire & Ether

All the energy that we use to keep our reality real stems from one universal source.

The Hexahedron shape of a box (within the Base chakra) is associated with our sense of smell.

As you creatively start to freehand doodle on the next page ground yourself through your Base Chakra while you visualize a shimmering stream of red energy connecting down into the ground with our Planet.

Bring into your thought all the good feelings that you associate with nature, planet Earth and yourself.





If we express ourselves healthily through this seat of consciousness we are well grounded. That is absolutely the first requirement on your resurrection journey. Un grounded people have difficulty settling into a stable life style.

Your First Insight



My Earth Power

Date of Birth,.....
My sun sign.....

Diary Page on the
Elemental Kingdom



Your First Initiation

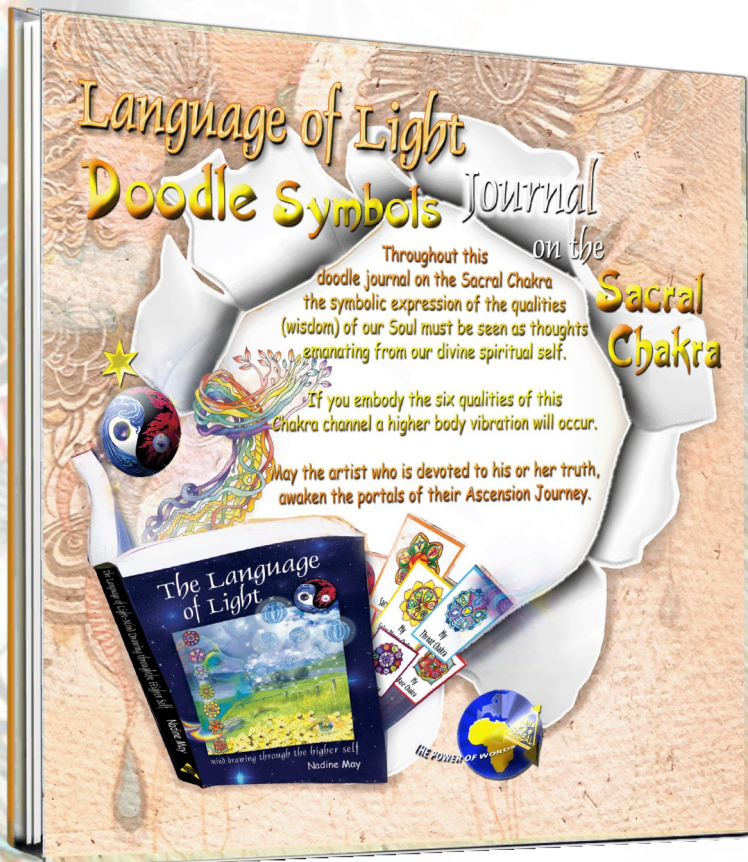
During your first initiation level your Soul awareness on the inner levels comes into an alignment with your physical-etheric body. This is in order to give shapes to forms on the physical realm that are stimulated by the Fire element.

When you have opened this page, it could mean that during this period you are stimulated by friction, which is activated by the fire element. Your Soul is preparing to develop an ability to deal with this 'fire by friction' phenomenon in order to embody your physical realm. You are also being drawn like a magnet towards the nuclei of the consciousness of your Group Soul.

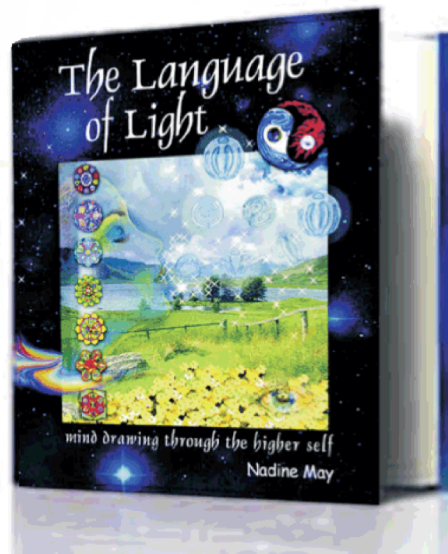
When your Soul's energy on the etheric levels begins to intermingle with the energy of your denser atomic vibrations that manifest your physical form, your group Soul monad has been alerted.

The following Doodle Journal on the Sacral Chakra: the orange ray emotional channel that directs our emotional intelligence.

It is the temple of Our Body Avatar that holds all our genetic DNA memory files of an emotional nature. Included is the card on the body awareness of the Water element.



The Language of Light



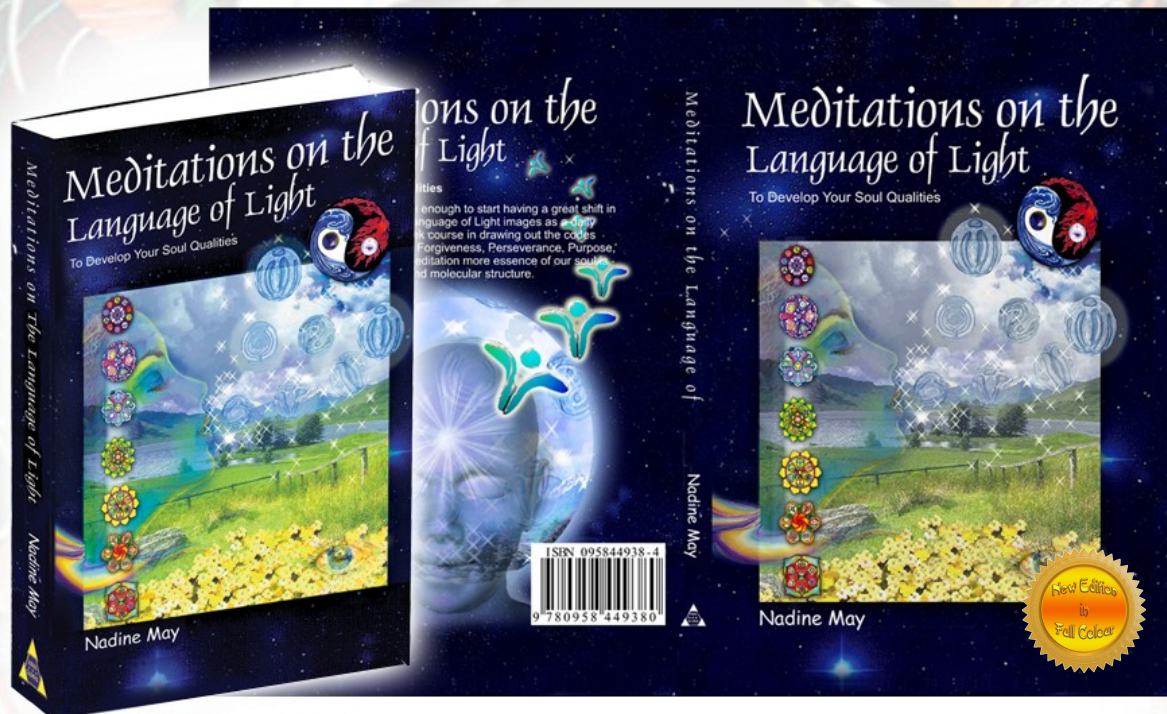
The Facilitators Workbook
Published in greyscale
and soon available
in full colour.



pages: 267

This creative workbook with over 600 illustrations and drawing formats, using the techniques of Art-analogue Symbolism, will connect each reader with their creative intuitive nature. The language of their Soul. This mind-drawing workbook includes many symbolic interpretations and is the workbook that accompanies Nadine's first visionary fiction ascension novel:

The Reality Shifters



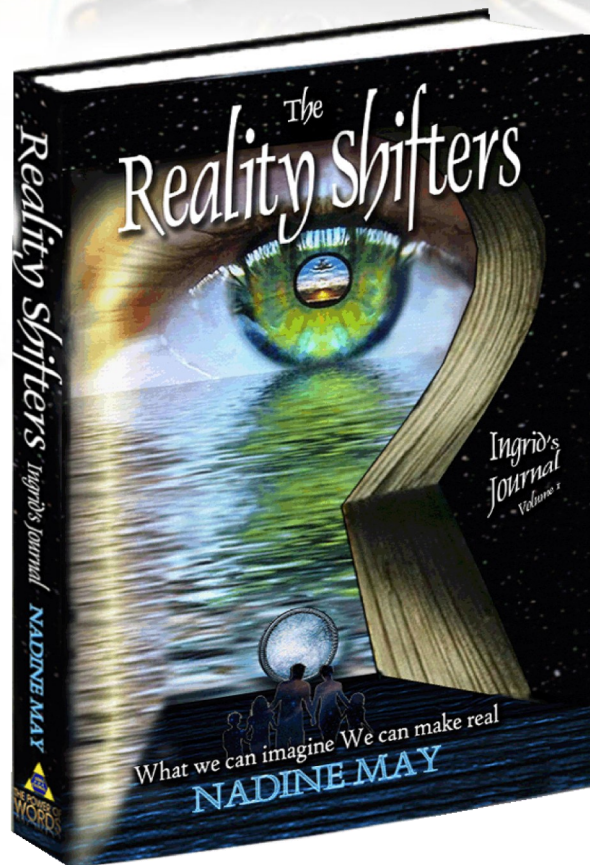
169 pages make for a beautiful gift

ISBN: 978-1-928234-41-8

Meditation on the Language of Light

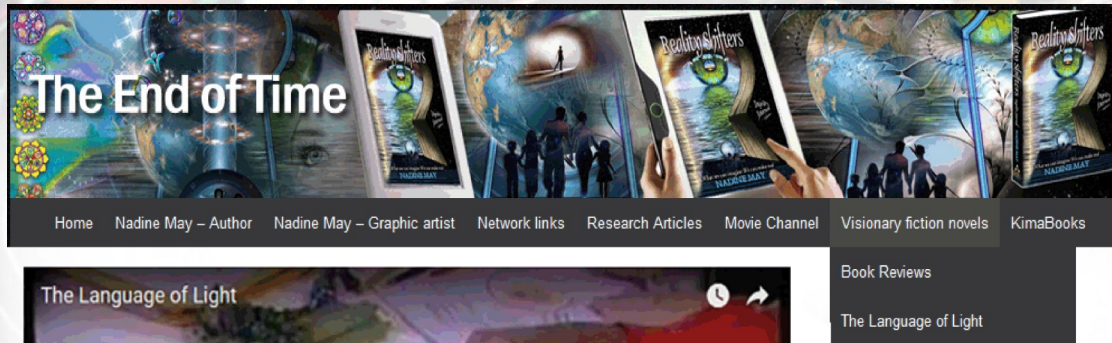
This is a full color illustrated book with the first 48 universal Language of Light symbols as a companion to the Language of Light workbook. Also included are 52 graphic designed cards with Nadine's Soul Quality artwork. These meditative exercises can take the reader on an inner journey by tapping into the language of the universal Soul.

Each Soul Quality key that we invite into our living experience will have an effect on our daily lives. These vibrational keys can unlock and release distorted thought-forms that have become set within our mind field.



pages:630

Nadine May takes readers into our future where new-paradigm lifestyles result in the awesome possibility of reaching full consciousness that could even lead to physical ascension. This novel awakens the possibility that a magnificent plan, that was ordered from the beginning of time, has progressed precisely on schedule before the next cosmic closure.



Visit her YouTube
Channel: Nadine May

Nadine created an active blog to support the readers of her *Ascension* novels, *Doodle Journals* and her *Facilitators* workbook titled: <https://lightworkerjournals.wordpress.com>

Besides topics on *Ascension*, Nadine her main Blog has articles on *Parallel Worlds*, *Anti-matter universes* and the *Outer worlds* as well as articles to do with the *Elemental*, *Astral / Emotional* and *Etheric/ mental realms*.

Topics from our ancient past and the many unexplained phenomena that have kept people's attention for decades are further be explored through Nadine's storytelling characters: *Ingrid*, *Toon*, *Liesbeth / Tulanda*, *Hans*, *Annelies*, *POWAH*, *Richard*, *Trevor*, and *Tieneke*. Often fiction is truer than facts.



The Language of Light - Doodling Workshop

Most of the designs on the products in this journal are sold through a Print and Demand business at Zazzle.com

All the artwork and line drawings belong to Nadine's Language of Light writings.

The Facilitators mind drawing doodling workbook both in greyscale and in full colour is available on Amazon

(<http://www.amazon.com/The-Language-Light-Nadine-May>)

The Journal colour-in cards on each chakra and other similar products that can be purchased at her Zazzle shop titled The Ascension

(live links found in her Blog) they are companion items to the workbook. There is also a PDF download: ([http://](http://kimabooks.com/language-of-light-ebook)

kimabooks.com/language-of-light-ebook)

More on the information behind Nadine's Art-analogue tonal & colour and symbolic language exercises and why doodling and the colour-in activities are further explained in Nadine's blog: The End of Times

(<http://nadinemay.com/the-language-of-light/>)

This creative project is created for individuals and facilitators who like to give these workshops from their home. The Language of Light products shown in the journals was created for individual doodle artists and workshop facilitators around the world .



Personalize this flyer at Zazzle for your own workshops





About the author

Nadine May was born in Holland, studied in Utrecht, became a nurse and art therapist. She got married and emigrated to Australia. Five years later after their return to Holland from Australia she emigrated with her young family to South Africa and lived in Port Elizabeth for twenty eight years until her two children were grown up and left home. She moved to Cape Town in 2001

During the early eighties Nadine was drawn to follow a spiritual path, but not through any religious doctrine. She was brought up in a Christian background but found no satisfactory answers to the many questions she had about spirituality.

It was during the seventies that Nadine heard an inner voice that said: "Remember why you were born." It was only during the early nineties that her ascension journey became a reality. To her it means to awaken to full consciousness while in a physical body. To have an intent to ascend does not require some kind of sainthood, but it does require to aim for a lifestyle that supports the intent, which is different for everyone .



Thanks for participating in our ascension
journey through the Chakras



