VE Class 12 Notes

Final Class

Closing Day

Community Forum

What served you in this container?

What would serve more down the line for this container?

Feedback from Folks

~ Enjoyed being off the stream- freedom for life- low key

~ Well Dialed Worksheets for each subject

~ A few more council sessions beginning, middle, end

~ Guided meditation for the practice

~ Resistance to structure of the practices-

When do we break the rules and go with the flow, and when do we do the discipline of practice/ explorations

Key Take Aways

What we do at the beginning and the end of the day

are where our reality gets programmed

Add sound to all of the metaphysical practices

The Journey to take something that is invisible and make it visible

Bring the architecture and articulate it

Morning and evening moments are the most important

Recording as Echolocation

-using a loop pedal- feedback loop- echolocation- grow as an artist

Freeing the voice frees up the magnetic

The feminine energy is constricted

Magnetic releasing through energies of the suppression of the feminine voice

Sounding is grounding

Bringing it back to the heart of the matter

When we’re streaming, it almost doesn’t matter what words we are speaking

When you share from your heart to the world

May it have more to do with quality and tone with where you are at with yourself

Tune into Marya Stark’s Voice Of My Womb  
http://www.marya-stark.com/voice-of-my-womb