## 4 Week Guide

## 4 Week HIGH VIBRATION Ascension Class

High Vibration= Love Frequency=Gods Frequency

Class Instructor:

Queen Rena High Priestess Mama Universe Pisces Master #11

For People who are tired of living a low vibration life, hurt, depressed, struggling, struggling to manifest a good life, attacked by negative energy, need help with soul ascension, need help taking control of life

- <u>Can take class One Month</u> (for people who naturally vibrate high & don't need that much help, just guidance & direction)
- <u>Can take Class Monthly</u> (For people who have had a lot of setbacks and/or negative energy attacking them & need constant help & guidance)
- Can take class a Few Months Out the Year (For those who have had setbacks and/or negative energy attacking them & need help periodically)

## **Dedicated to Helping You, so You Can Help Yourself & Others**

**Key Focus: Mind, Body, Soul** 

Key Focus: Ascension, Your Greatest Good, High Vibration Manifesting

Week 1: Focus: Healing

Week 2: Focus: Remove Blockages

Week 3: Focus: Incorporate the Physical

Week 4: Focus: Make sure everything flows together for Soul Ascension & Manifesting High Vibration