



INTEGRATION SESSION ENERGY WORK

WHAT TO EXPECT

Throughout the Awesomism Online Process, there are several opportunities to participate in integration sessions. These sessions are designed to assist you in embodying the information shared.

Words rarely teach. However, the moment you have an experience is the moment that


you *know* for yourself. Each integration session is designed to open you to the experience of the topic discussed.

You will notice that the integration sessions follow the same pattern, in that you will always be asked to start by breathing into your body, and then into and out through your heart space. Starting with your focus on the body is important because being present in your physical experience is the only way to create real and lasting change as part of your human experience. Therefore, you will be redirected back to the body repeatedly.

Light language and vocal toning

You will also notice the use of light language, vocal toning, and an energy process referred to as spherical technology. Light language is simply a high-vibrational form of communication, and frequently serves the purpose of informing and opening higher dimensional aspects of your Self, regarding what we will be discussing in that session.

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When your higher Self is consciously informed, it easily supports your human self's ability to allow the process.

Vocal toning is a means of activating or solidifying these transmissions, meaning that the toning you hear will assist in anchoring the energetic changes into your human experience. You will also frequently hear Suzy make such statements as "Let's make this matter" or "Let's bring this into form."

Spherical technology

Spherical technology is what the children refer to as the technology of love. Suzy will request that you place energy that no longer serves you into a sphere and then add a blue star to the center of it. You will then be asked to spin or expand that blue star to dismantle or break down all the information in the sphere. Energy is information, and if you remove the information the energy cannot hold the same form. Once the information has been removed, you will compress the sphere around the star and return that sphere to the place from which you took the information. You'll then be asked to implode it into billions of frequencies of light, which restructures that energy field to a higher frequency!

Why spheres?

We use spheres because putting energy into a sphere returns it to a unified field. The blue star represents your totality or wholeness, so in this exercise you are basically using your own wholeness to dismantle that which no longer serves you. You are asked to compress the spheres because compression adds power. Given that you will have just cleared a sphere, the compression will significantly increase the clarity of the sphere. When you return it to the place from which it came and implode it into billions of frequencies of light you repurpose that energy to a more productive intent with exponential effects.

