

PRACTICE LOG

*This log is offered to support you in maintaining consistency in this sacred healing process.
Be mindful not to use this as an excuse to beat yourself up. If you miss an activity or a day,
simply pick up where you left off and keep going, even if this means you are behind the class.
This is your process and your healing. It is not a race. No one is watching.
Make it work for you.*

WEEK ONE			
Date		Practice	Experience/Insights
	Monday 30 minutes	White Light Meditation Short Form Releasing the Shadow Light Code Meditation	
	Tuesday 20 minutes	White Light Meditation Short Form Tapping: Restoring Alignment and Inner Authority	
	Wednesday 30 minutes	White Light Meditation Short Form Cord Cutting Meditation PM Only	
	Thursday 10 minutes	White Light Meditation Short Form Releasing the Shadow Light Code Meditation	
	Friday 30 minutes	White Light Meditation Short Form Tapping: Restoring Alignment and Inner Authority	
	Saturday 15 minutes	Ancestral Disconnection Declaration PM Only	

WEEK TWO

	Date	Practice	Insights
	Monday 30 minutes	White Light Meditation Healing Feminine Ancestral Lineage Light Code Meditation	
	Tuesday 15 minutes PM only	Ancestral Disconnection Declaration	
	Wednesday 30 minutes	Cord Cutting – Invite your mother, aunts and grandmother into your meditation PM Only	
	Thursday 20 minutes	Restoring Alignment and Inner Authority – Use the Feminine Light Code	
	Friday 30 minutes	White Light Meditation Restoring Alignment and Inner Authority – Use the Feminine Light Code	
	Saturday 20 minutes	White Light Meditation Tapping: Declaration of Freedom -Part 1	

	Date	Practice	Insights
WEEK THREE	Monday 30 minutes	White Light Meditation Healing Masculine Ancestral Lineage Light Code Meditation	
	Tuesday 15 minutes PM only	Ancestral Disconnection Declaration	
	Wednesday 30 minutes	Cord Cutting – Invite your father and grandfather into your meditation	
	Thursday 20 minutes	Restoring Alignment and Inner Authority – Use the Masculine Light Code	
	Friday 30 minutes	White Light Meditation Restoring Alignment and Inner Authority – Use the Masculine Light Code	
	Saturday 20 minutes	White Light Meditation Short Form Tapping: Declaration of Freedom -Part 2	

	Date	Practice	Insights
WEEK FOUR	Monday 30 minutes	White Light Meditation Long Form	
	Tuesday 15 minutes	Tapping: DNA Repatterning Flower of Life	
	Wednesday 20 minutes	Tapping: Declaration of Freedom -Part 1	
	Thursday 30 minutes	White Light Meditation Long Form	
	Friday 15 minutes	Tapping: DNA Repatterning Flower of Life	
	Saturday 20 minutes	Tapping: Declaration of Freedom -Part 2	