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ACTIVATING YOUR  
*12 Strands of  
Spiritual DNA*

FOR 8 FIGURE BLISS & FLOW

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WORKBOOK



  
*Solara Amun Ra*

This DNA Activation Workbook is your 5D planner and your Divine map to begin to claim the 5D Bliss Paradigm as you step into your Iconic work.

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## Training Schedule

*Session 1*

**MARCH 29 AT 2PM PST**

**CLAIM** the 5D Paradigm of Bliss & Flow  
beyond 3D Economic Chaos

*Session 2*

**MARCH 30 AT 2PM PST**

**DELETE** Covert Ancestral Programs of  
Feminine Self Sabotage

*Session 3*

**MARCH 31 AT 2PM PST**

**RELEASE** Lifetimes of Painful Karmic  
Shame and Guilt

*Session 4*

**APRIL 1 AT 2PM PST**

**UPLEVEL** to Your Soul's Higher Purpose  
& Iconic Work

*Session 5*

**APRIL 2 AT 2PM PST**

**TAP INTO** the Unfair Advantage of  
Activating Your 5D DNA Codes

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*Session 1*


**CLAIM:** The 5D Paradigm of Bliss & Flow beyond 3D Economic Chaos




The top 5 Ways the 3D Limiting and Struggle Paradigm is currently showing up in your life and business:

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_


 \_\_\_\_\_

 \_\_\_\_\_


The Anatomy of Success for Women Requires \_\_\_\_\_


What 5D Frequencies would you like to begin to embody and implement in your business:

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

What specific changes would you see in your life and business by upgrading to the New 5D Life and Business Paradigm of Bliss and Flow:

 \_\_\_\_\_

 \_\_\_\_\_


 \_\_\_\_\_


 \_\_\_\_\_

 \_\_\_\_\_

What opportunities do you see that will position you on the leading edge:

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

**DIVINE ASSIGNMENT: Post in the Session 1 Divine Assignment Thread**  
What is one new 5D commitment that you will begin to implement this week that gets you out of your 3D comfort zone?



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*Session 2*

**DELETE:** Covert Ancestral Programs of Feminine Self Sabotage




Which limiting programs are being revealed to you that currently run your life and your business:

 \_\_\_\_\_


 \_\_\_\_\_


 \_\_\_\_\_


 \_\_\_\_\_


 \_\_\_\_\_


Which of these programs do you sense are ancestral in origin:

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

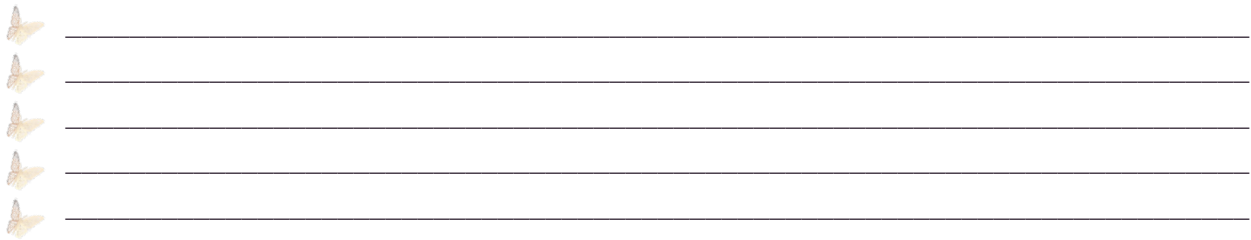
 \_\_\_\_\_

How do those programs of self sabotage play out in your life and business:

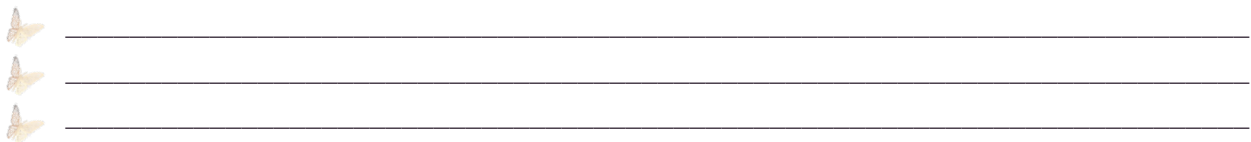


What is a simple technique to begin to neutralize these programs:

What new 5D programs of expansion do you want to incorporate and how would that improve the quality of your life:



How do you recognize when you have blind spots:



Recognizing blindspots is empowering because \_\_\_\_\_

**DIVINE ASSIGNMENT: Post in the Session 2 Divine Assignment Thread**

What is one ancestral program of feminine self sabotage you are committed to release for yourself and all of womankind?

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*Session 3*

**RELEASE:** Lifetimes of Painful Karmic Shame & Guilt



How do you consciously use shame and guilt to get you want (with your team, partner, kids, family, etc):

A vertical column of five small, stylized butterfly icons in a golden-brown color, positioned to the left of the writing lines.

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How do people leverage shame and guilt against you to make you do things that you regret:

A vertical column of five small, stylized butterfly icons in a golden-brown color, positioned to the left of the writing lines.

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What do you currently still hold shame and guilt around:



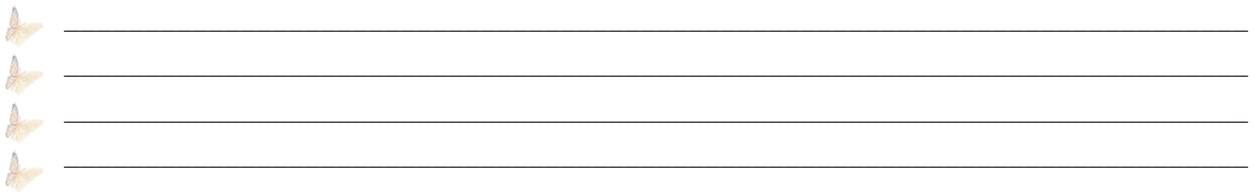
Shame and guilt rate at these number \_\_\_\_\_ on the Hawkins scale.

VS love, joy, peace and enlightenment rate at these numbers \_\_\_\_\_ on the Hawkins scale.

What are your patterns of feminine shame:



In any of these instances in which you have or were shamed or guilted, was there was a silver lining?



Choose one of those instances and create a gratitude ceremony/ritual to no longer be affected by shame and guilt around that particular situation:



**DIVINE ASSIGNMENT: Post in the Session 3 Divine Assignment Thread**

What will be your gratitude ceremony/ritual to choose to no longer be affected by shame and guilt around a particular situation?



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*Session 4*

**UPLEVEL:** To Your Soul's Higher Purpose & Iconic Work



What makes you and what you are being called to do next unique at this time:






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How can you incorporate that into your business or a new business:





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What is your 'too much'?


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Who are you and what are your spiritual gifts and sacred teachings that the world needs right now?



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What do you sense are your current Soul Archetypes (circle them):

- |         |            |            |            |
|---------|------------|------------|------------|
| Leader  | Co-Creator | Messenger  | Fool       |
| Teacher | Manifestor | Harmonizer | Compassion |
| Healer  | Lover      | Unifier    | Spirit     |

What is the house keeping you need to do in your business that is not aligned with your Higher Purpose work?




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What traits or aspects are you disconnected from that are necessary for you to become an energetic match for the YOU that is necessary to fulfill your Iconic Work?



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### **DIVINE ASSIGNMENT: Post in the Session 4 Divine Assignment Thread**

Write a bio of this iconic, passionate and purpose driven woman who is contributing her gifts and making an impact in the world.

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*Session 5*

**TAP INTO:** The Unfair Advantage of Activating your 5D DNA Codes



The first Step to Begin to Activate Your 12 Spiritual Strand of DNA is \_\_\_\_\_

The true essence for women, where we best perform is \_\_\_\_\_

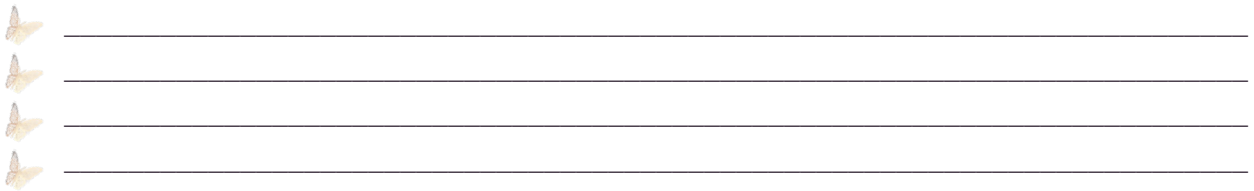
What is the ultimate consequence of you continuing to feel unfulfilled?

 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

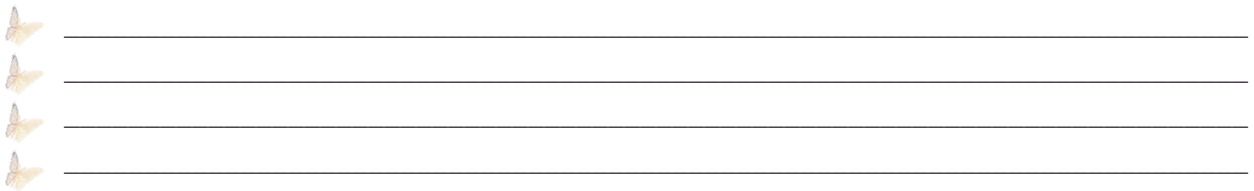
What is the ultimate reward of you activating your Super Human Feminine Potential and therefore ALL your Power?



What kind of challenges do you foresee could manifest in your life as you uplevel your DNA?



What kind of strategies/support can you put in place now to be ahead of the game as you activate your 12 Strands of Spiritual DNA?



**DIVINE ASSIGNMENT: Post in the Session 5 Divine Assignment Thread**

What is the ultimate reward of you activating your Super Human Feminine Potential and therefore ALL your Power?



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# Bonus Sessions

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*Session 6*

**APRIL 3 AT 2PM PST**

**LIVE Q&A** Session with Solara and Team

*Session 7*

**APRIL 4 AT 2PM PST**

**SUCCESS SECRETS** of 5D Emotional Alchemy

*Session 8*

**APRIL 5 AT 2PM PST**

**ACTIVATE** Your Divine Feminine Creatress

*Session 9*

**APRIL 6 AT 2PM PST**

**THE ART** of Fearlessly Flirting with Life

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**IF YOU WANT HELP OR HAVE QUESTIONS AT ANY POINT DURING THIS ONLINE WORKSHOP, WE ARE HERE FOR YOU, PLEASE REACH OUT!**

You can leave a comment on the FB page or send a DM to your Dream Walker Concierge:

Christopher Walker

Jenni Walker

