

Becoming Boundless

An awakened woman's journey to **release** old programs
& **embody** conscious living and loving on her terms.

HOSTED BY *Violetta Lazzi*

6 MONTH REBIRTHING JOURNEY



Session 1: Contacting your higher self to birth and seed a new vision

Session Recap:

We reflected on these two questions under the full moon in leo:

Where do I play small?

Where can I take up more space in my life?

Each of you had in-depth answers! Hold them as we will continue to transform them. We followed by accessing your next level vibrational self, the version of you that has this already done and complete. And the version of you now that holds that vision and desire dear to your heart. Leo rules the heart space where our desires come to contact within the soul space, and where our emotions back up those desires. It is the queen within us that says NO more. She is the queen within you that begins to say YES to the big or small opportunities that feel good that gets you closer to your vision.

Make sure you have written down the visions you saw from your higher self if you have not done so already. Your subconscious mind is ripe and receptive after the mediation activation so you want to make sure you jot down how you experienced the ladder piece, your snake skin shedding, what kind of crown you had, who you saw in front of you, any physical symptoms/sensations, and any other symbols you've seen or experiences you've had. Your future self has given you insights no matter how small, they matter and you will build up on them as we go along.

Full moon in leo ritual to be done during your writing exercise:

Leo is ruled by the element of fire. Light a candle to honor the element of fire. Preferably a yellow or orange candle because Leo is the element of the sun which is connected to gold/yellow/and orange. If you dont have one, no worries, a simple candle will suffice.

(You may order a batch of small colored chime candles on amazon like these:)

https://www.amazon.com/Dinil-Candles-Premium-Rituals-Birthdays/dp/B08L9GCRKC/ref=sr_1_8?crid=302F30AGRLE0L&keywords=colored%2Bchime%2Bcandles%2Bsmall&qid=1706211369&sprefix=colored%2Bchime%2Bcandles%2Bsmall%2Caps%2C114&sr=8-8&th=1 along with with a candle holder if you dont have one already:

https://www.amazon.com/AzureGreen-White-Ceramic-Candle-Holder/dp/B002KDYL5A/ref=sr_1_2?crid=ZTWAGR3D107C&keywords=chime+candle+holder&qid=1706211446&sprefix=chime+candle+holder%2Caps%2C84&sr=8-2

Week 1 exercise: To do from 1/25-1/31.

Time: 30-60 minutes, go at your own pace.

Song to play during these two practices: (In your Becoming Boundless spotify playlist)

On silent by lonely in the Rain and Light of the heart by Sol Rising.

Practice your personal assignments that were mentioned to you during the session. In addition to that, below are two exercises for you to practice anchoring into your vision. Below are two parts to the first exercise. Part 1 and part 2 are meant to be done back to back.

PART 1:

After we made contact with a new level version of yourself in session 1, continue to keep an open dialogue with her by writing a letter from HER to your current self.

Create a sacred space where you'll be uninterrupted. Set an intention... then go to your inner sacred place. Get comfy and welcome in your Higher Self. Ask her to step in. Open your eyes and start writing from a soulful place within you.

Here's a guide you can use as you wish. Or you may use the guide below as your letter.

Make sure you read it outloud and let the emotions wash over you.

Dear (your name),

I greet you with boundless love and the energy of infinite possibilities. As the essence of your quantum higher self, I am here to remind you of the incredible journey that lies before you. You're doing some tough work lately, and I am so proud of you. Do you realize I've always been with you? Your Divine Team and I are constantly guiding you.

Right now we're all celebrating your courage and determination to be a source of Light in the world. We realize the work you're doing to bring your joy and purpose in this lifetime. I want to remind you, at times when you feel discouraged or frustrated, that your Soul has a plan. Anytime you're feeling discouraged, share your feelings with me. I will help you. I am always here for you. All you ever need to do is tap into me. Simply ask, and you are guided.

In the quantum realm where time and space dance harmoniously, I witness the visions and dreams that you hold in your heart. Your aspirations are not merely distant stars; they are the constellations guiding you towards your truest self. Every dream, every desire, is a beacon calling you to step into the brilliance of your potential.

You are a co-creator of your reality, a weaver of the cosmic tapestry of your existence. The universe conspires to support your visions, aligning energies and opportunities to manifest your deepest desires. Embrace the understanding that your thoughts and intentions ripple through the quantum field, shaping the very fabric of your reality.

Now is the time to step boldly into your vision. The path may seem uncertain, but trust that each step is a sacred dance with the universe. Do not be afraid to embrace your authenticity and express your unique brilliance. The quantum field responds to your authenticity with waves of creative abundance.

Believe in the power within you, for you are a conduit of universal energy. As you align with your vision, you synchronize with the frequency of your highest potential. See yourself surrounded by the light of your dreams, allowing it to permeate every aspect of your being. Your soulmates and dream team are being brought to you as you read this. I am capable of showing you the way to this person and these people. I am also going to bring you closer to your creative power and allow you to birth your projects.

Release the limitations that bind you to the past or anchor you in fear. You are not defined by past experiences; you are defined by the infinite possibilities that unfold in the present moment. Trust the unseen forces guiding you and know that you are always supported on this cosmic journey. Embrace the unknown with curiosity and joy. It is within the mystery that the magic of creation resides. Your vision is a portal to the extraordinary, and with each courageous step, you unlock new realms of potential.

Remember, you are a quantum being, and the universe is conspiring to bring your vision to life. Trust, believe, and step into the flow. You are the orchestrator of your reality, and your vision is the symphony of your soul.

I love you,

Your Quantum Higher Self

PART 2: Now you will access her again but this time from your current timeline and reality. This is your higher wisdom that already has everything you desire today. There are many versions of you that exist in quantum time and space. You have accessed one version already. Now add onto what you have seen in session 1.

Take a breath and remember how you felt when you first made contact with her in session 1. Take 4 deep breaths into your heart space by envisioning green bright light in the center of your chest. Relax your body and the space in between your eyebrows. Connect and FEEL into her energy and vibrational essence. Call upon your guides to support and show you what you need to see. Visualize a mirror and see her, your future self in it. When you connect to her, begin letting your mind show you images and scenarios of your future, as if she is the main character of a movie.

When you tap into her even slightly, ask her direct questions:

- ★ What do you want me to birth and create?
- ★ Can I bring this reality I see into this?
- ★ Who do I need to become in order to bring _____ to fruition?
- ★ What are the character qualities I need to embody?
- ★ What am I holding on to that keeps me safe but doesn't allow me to grow? What do you need to let go of?
- ★ What is my perceived obstacle that I think blocks me to attract this?
- ★ What restricts me from taking imperfect action?
- ★ What do I need to know right now for me to see this reality is attainable? (To get your book written, to attract your partner, to become more socially active, to build community, to heal your relationships, etc....)

Thank and give gratitude to her and your guides for showing what you needed to see.

After your visualization put pen to paper:

- Describe the kind of woman she is with the qualities that she embodies.
- Does she walk, talk, dress, or look differently than you do now?
- How do people view her from the outside?
- What does she do differently than you now?

This is your higher self avatar that you will be embodying.

Lastly, continue to add any new downloads you have and new visions in your vision journal as you go about your day to day for the next two weeks and beyond. Your subconscious mind is ripe and open to communicate messages to you.

Week 2 exercise (Optional):

To be done: 2/1-2/6 or sooner

Time: 40 minutes to 2 hours. Have fun with it and go at your own pace! Go as little or as long as you need to create this.

Music: Inspirational and motivating music. You can use the Becoming Boundless playlist or your own.

Create a vision board that represents your higher self and the vision/reality that you saw created last week in your higher self activation. This is for your subconscious mind to begin seeing tangible elements of your future reality.

- Collect images, quotes, and symbols that resonate with the qualities you want to cultivate from your higher self. Add visuals from your visions. Add the word you saw on your scroll from your meditation. Utilize google and pinterest for your search.
- Arrange them on a board in a way that feels inspiring and uplifting or put them together on a google doc or pdf to print out later. Feel into every image and word you use
- Place the vision board in a visible location as a daily reminder.