

Requirements for Mentoring Sessions with the Ascending Ray

(Please Note: this requires a daily/weekly commitment for 49-days/7-weeks)

I've been working with the transcendental **Ray** as an ascension tool since 1988. I have mentored students through physical **Rays**, psychological **Rays**, spiritual **Rays** and business **Rays** – with them meeting their goals or dreams by raising their level of Being, consciousness, self-awareness and energy connections.

It's the ultimate tool to learn how to turn unconscious reactions into conscious choices and actions; read your level of Being; empower you with a way to know whether you are ascending or descending; as well as receive personal soul messages that share keys of how you can get from where you are now to where you want to be.

This is a powerful tool – but you only get out of something what you put into it. Because this is the deepest and most profound level of work, it requires a deep and profound level of commitment from both you and me.

The Ray is happening whether you are awake to it or not. It's my job to be awake and aware through the entire Ray. It's your job to wake up more often, raise your level of conscious awareness, and learn to make your own connections as you move through each note of the Ray. The more you share with me, the more connections and messages we can see during your own personal journey.

Mentoring sessions with the Ray gives you a thorough and ongoing connection and support on an area or areas of your choice, over a 7-week period. You may choose the theme of this **Ray** and whatever goals or desires you wish to focus on.

There are 7 notes in the **Ray** and each note has its own energy to learn about and pay attention to. A 7-day week is a **Ray**, so each day of the week has a specific energy. Also, each week of the **Ray** has its own sub-theme with its own kind of energy and actions to take.

Weekly Sessions: During the **Ray**, sessions are scheduled on the same day each week, which will be the day of your **Do-Note New Beginnings** of each week over the 7-week period (and beyond if you wish to continue using this tool). Each of your 7 sessions takes place via Zoom and is an hour long. These are staged sessions that focus on one note of the **Ray** per week. The session is packed with information and energy connections, my intuitions, as well as practical guidance for you to apply between sessions. We wrap up the previous week and set intentions for the next week.

Daily Requirements: daily journaling, recording your own personal insights and connections: what happened in your life and what you noticed with the energies of the Ray that day. Typing this up and sharing this with me on a daily basis is highly recommended.

Weekly Requirements: At the end of each week email me a typed Weekly Evaluation of what you noticed and learned about your Self that week using the tool of the **Ray**. The effort

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you make to type an Evaluation reprograms your brain to Evaluate your everyday experiences more objectively, to extract the Deeper Lesson-Meaning-Value and make more conscious choices moving forward. Practicing this tool grounds your awareness into the physical realm and makes it your own at deeper levels.

Sharing your Evaluations on a daily/weekly basis invites me into your life at a deeper level to give you feedback on reading energy, and share deeper connections and soul messages as you're moving through the energies of the **Ray**.

Emailing me your Weekly Evaluation at the end of your Si-Note 7th Day of the week, before your Do-Note New Beginnings of the next week, allows me to share with you energy readings and soul messages that wrap up the energy of the previous week, evaluate your current status and progress, as well as give guidance for the next week.

Sometimes a phone call or session is required more often if something happens in your life that is not easily explained or expressed via email, and you feel a need to talk through a situation. Those are scheduled as and when needed, and are included as part of the mentoring process.

Mentoring Sessions with The Ray (staged 7-week intensive program)
(includes Book + 7 weekly private sessions) Value: \$2500, Now only \$999
(Please Note: this requires a daily/weekly commitment for 49-days/7-weeks)

What's the Benefit?

"I have found much of value in working my first 7-week Ray. What stands out most for me is knowing that working the Ray created space for spirit to move me through an issue in my life that would have taken me at least 2 to 3 years on my own to work through.

The Ray has given me a tool which I can work with to find a stance of objectivity about my life, prior to this I was lost in reactivity to life.

My spirituality has been changing/shifting in the past few years and working the Ray has helped me feel rooted and grounded and more trusting in divine energy working through sacred laws.

The Sacred Typology information has opened me to grow into who I am really meant to be and given me confidence and courage to continue this work because there is so much more of life in store for me.

The wisdom, support and counsel from Elizabeth has been invaluable to me throughout this process allowing me to move into a more loving, compassionate stance for myself so that I may be of service to myself and others. She has role modeled this throughout the Ray as a mentor.

Ultimately, working my first Ray has moved my level of being higher as the cloud over my true values and nature has dissipated. Thus, I am better able to make choices for my higher good and therefore for the higher good of others." ~Roxanne F.

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“As with all things in this universe, the Ray came into my life at the perfect time, when I was ready to receive it. One of Elizabeth’s many gifts is sharing the tool of the Ray with those who are ready to live consciously, to be aware of the perfect order of the Universe, to understand where one is on his or her journey to higher consciousness, and to stay aware and present to the action one takes in response to any given situation.

Although I have only just begun to use the Ray as a tool, in the last six weeks, I have learned more about myself and remembered many things that I was once passionate about or had a desire to pursue. By journaling daily and summarizing each week, I became more and more objectively aware of how the Ray is constantly working in my life.

Elizabeth’s guidance, support and compassion, along with her objective view of the events that I had recorded in my journal and their significance, keeps me “in the moment” and aware of my process, my journey, my strengths and how to rely on and honor those strengths.

Elizabeth has been working with me via email. At the end of each week, I email her a summary of the events and highlights that I have recorded in my journal, and she then provides feedback on how the events of that week relate to that particular note of the Ray. You do not have to be in her physical presence to receive her gifts. She has the ability, in my case, to read my words, my summaries and show me how each Note of the Ray is unfolding, playing out – constantly supporting and giving me insights that I don’t see at the moment they are happening.

The growth in consciousness that I’ve experienced over the last six weeks is amazing, magical, pure ecstasy. Knowing that I am on the path, the right path, using the tool of the Ray, in conjunction with meditation and journaling, keeps me excited and committed to my journey to a higher consciousness.” ~Lizz E.

“My experience with my first seven day ray was truly amazing. I accepted the challenge to become more disciplined because I know that was truly what I needed in order to be truly happy and successful in this lifetime.

I am a wife and a mother of two kids. Growing up, my life lacked true structure and order. By following through with my first seven day ray without giving up, I was able to gain the confidence in myself that I could do anything I set out to do.

The Ray brought Structure and Order to my Self and my family by revealing what needed improvement for better success and not by showing me what I was doing wrong. I value that I was shown there is no right or wrong way, just outcomes/consequences. Sometimes, those outcomes are truly magical. By capturing and preserving the moments of each day I discovered many connections with myself and my family. I learned that we are all connected in ways that we never expected. Everything we do affects those around us.” ~Jane M.

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I'm an empath, author, mentor and transformation coach who feels a deep Heart calling and desire to be of service to all who are feeling lost or unsteady in this time of great transition, or who just wish to learn more about themselves.

My gift is reading energy, with energy readings that empower you to align your energy in a way that you can connect with your own **Essence** or true Self in order to access your own inner wisdom. All the answers are inside of you.



The connections and alignments I help you to move towards serve to nurture and support your **Essence** and true Self, while also help to release what no longer serves you. This deepens and expands your relationship with your heart, soul and higher self, allowing you to evolve and ascend into a life filled with greater love, peace and joy.

My life's work includes the study of rays of light and color, vibrational frequencies, energetic connections, ancient classical forms of typology, and unifying all authentic forms of typology back together in one place, in one chart.



The typology charts and programs are color-coded so that even children can quickly understand what corresponds with their unique vibrational frequencies and how to nurture their real and true nature.

My process embraces and unifies ancient wisdom with quantum physics and evolutionary consciousness; and provides physical, emotional, mental and spiritual balancing tools and techniques that integrate, balance and nurture body-heart-mind-spirit.