

journey into
your soul self
workbook



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Hi I'm Natalia, serving as an intuitive business mentor and soul channel for conscious leaders since 2012; I am a natural & certified energy healer, soul activator, serial social entrepreneur, and artist channelling divine creative light for the ascension of the New Earth.

Together, we'll heal your blocks around self expression & bring your SOUL mission to the world.

My mission is to activate the spirit warriors among us to come out of hiding and pick up arms in the form of energy and light to create balanced businesses that are in service to the Divine.

A living channel for the Elohim Dragons and Feminine Christ Consciousness on Earth I've been tasked with initiating those ready to embrace their next level warrior to re-connect to the Earth's Elements and go on to uncover the power of their divine feminine inner temples too.

The Temple Journey™ programme – a 5 part initiation – guides Temple Initiates to be initiated into and hold space and energy for the Forgotten Sacred Temples of Ascension™ to be re-activated and re-built for the next ascension of the New Earth.



What to bring to the session

The way I work is very intuitive and all and any meditations and healing are channelled, so we never really know what may come up or what journey we will go on together. You will be guided in a safe and nurturing way to explore yourself on a deeper level. Therefore you need to come with an open mind and an open heart.

This session will last approx 90mins so do be prepared for that and turn off any distractions (close tabs, phone on silent or airplane, close doors, wear headphones if needed, etc.)

Make sure you're in a comfortable space and warm enough.

Bring a large glass of drinking water with you.

Any crystals you might have you'd like to bring.

Candles, palo santo, sage spray etc etc.

Some paper or your journal and pens.

LET'S BEGIN

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- How do I feel in this very moment?
- What is my intention for this class?
- What expectations do I have if any?
- What brought me here?

- **Where do you need more structure and safety in your life and work?**

- **What haven't you been standing up for but feel you have to?**

- **What illusions and limiting beliefs have you been holding on to?**

- **What fire is burning within you?**
- **How do you need to own your power more?**
- **What is asking of you to be fired up?**
- **How are you connecting to your creativity?**

- **What beauty that you hold within are you not showing to the world?**
- **How can you embrace your feminine energy in your life and work?**
- **What relationships still need healing?**

- **What is your soul wanting of you in order to reignite your sovereign freedom?**

- **Where does your inspiration come from? Do you have enough of this in your life right now?**

- **How can you create space in your mind for new ideas, downloads and knowledge?**

GOLDEN SPIRIT TEMPLE

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- **How can you surrender to life on Earth and to being a celestial being on this Earth now?**
- **How can you cleanse your mind, body and space now?**
- **What vision are you wanting to ground into reality now?**

thank you

You can find me on instagram @nataliakomis
(come say hello before or after!) on my
website www.nataliakomis.com or pop me an
email hello@nataliakomis.com

If at any point after our session you want to get
in touch, do so! My DMs are always open.

**If you want to continue our
journey together join me in
The Temple Journey
programme.**

A 13 week ascension
programme to tune into to your
Divine Feminine Power, be
initiated into the Sacred
Temples of Ascension and
accelerate your own soul
journey here on Earth.

[www.nataliakomis.com/temple-
journey-programme](http://www.nataliakomis.com/temple-journey-programme)

