



## Master's Training Manual



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## Introduction

The Sacred Activations Master Practitioner training will take you to the next level in your personal journey and will significantly enhance what you are able to offer to your clients. This training includes all the new and additional activations. You will learn how to perform the Sacred Activations to large groups and handle the energy involved. You will learn how to work with the Collective Consciousness. You will learn how to pull the client out of the third dimensional belief systems and plug them into the fifth dimensional belief system - that of the Christ Consciousness and Unconditional Love.

I feel privileged to be able to share this amazing work with you.

With much love,

**Tamra**

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## The Master Practitioner Qualification

After you have completed this Master Practitioner training, you will be licensed to give all of the existing sacred activations, and all subsequent new activations. However, in order to give an activation you must have received it yourself first, either from Tamra in person, from a recording or via a webinar, or from another practitioner who is able to give it.

You will be licensed both to give the activations in person, and record them for offering through your website, or via your own webinars.

The first three activations, **Sun Disk Dial**, **Avebury Stonehenge** and **Mother Earth**, can be offered free of charge, but please do not do this with the other activations.



## Clearing & Integrating the Activations

The Sacred Activations are extremely powerful. Receiving the activations will release the deepest sabotaging beliefs and programs which have held your client back. Immediately after receiving the activation, the client may feel tired and might need to take a nap. After a couple of days, old feelings and beliefs usually start to come up as the activation begins to integrate. They might find that they revisit old anger, sadness or resentment at this time. The emotions coming up are the ones which were attached to the many belief systems that were shifted by the activation. As this process occurs, the client may also experience physical clearing symptoms such as mild cold or flu symptoms. This is just the body's way of processing the release.

This reaction is perfectly normal and absolutely nothing to be concerned about. It simply demonstrates the depth of the clearing and healing which has occurred. When the clearing is complete and the activations are fully integrated, your client's life will have shifted. It is, however, important that your client understands this process so they do not become alarmed. Full integration may take 6 weeks or longer.



## Giving Activations to Groups

At the Masters' level you need to be able to give activations to large groups, and to do so safely without draining yourself completely in the process. This energy is incredibly powerful, and handling this for groups without care is going to cause you problems. However, with a bit of care, you can give the activations to large numbers of people, and look after your own well-being at the same time.

When working with groups, connect to the Creator energy in the usual way, then start the Sacred Energies and make the command for the activation to be given to the group of people. At this point it is important that you witness the process from above rather than being within the energy yourself. It might help to bear in mind that it is Creator who is performing the activation, and not you. Your part in this is simply to witness the energies in whatever way occurs. Keep the intention of looking down on the process throughout. In this way, you won't be wiped out by the energies of the process.

It is also very important to make sure that each individual has finished receiving the activation before you stop. So, make sure that you witness the activation being complete with each person before you stop; there is a difference between receiving the initial energy completely, and the subsequent integration.

Also, remember that it is very important to ground everybody in the group after you've finished giving the activation. So, take them through the tree visualization to bring their energies deep into Mother Earth. This is an essential part of giving the activation!

Even when you are careful about your well-being when working with groups, you are still likely to be tired afterwards, so make sure you take this into account when organizing your schedule.



## Working with the Collective Consciousness

When I started working with the Sacred Activations, it soon became clear to me that many of them work with the Collective or Group Consciousness. What does this mean? Everyone is connected through the energy grid system of the Earth. Our thoughts, feelings and belief systems are all connected. Many of the old belief systems, those associated with the 3<sup>rd</sup> dimensional grid system, are locked into the energies of suffering, struggle, sacrifice, martyrdom and fear. We can do huge amounts of belief-work on a personal level, but while we remain connected to these old Collective Consciousness fields, we will still be influenced and our lives sabotaged by those lower vibrations.

When I was giving the Galactic Federation activation once, I was taken up and shown the energetic grid system of the Earth and it was explained to me that it was our job to transform the old 3<sup>rd</sup> dimensional grid system and build the new 5<sup>th</sup> dimensional grid system. The old grid system has dark areas in it, and I was told that this is caused by all the fear and suffering on the planet. It is part of our purpose to send light and love into the grid system to transform it to the energies of Unconditional Love. The way we do this is to disconnect people from the old 3<sup>rd</sup> dimensional grid system and its associated energies of fear, and reconnect them into the new energies of love.

It was also explained to me that at the moment, the relative sizes of the two Collective Consciousness energies are like this: if the old energies of fear are the size of a watermelon, then the new energies are like the size of a blueberry!

To turn this on its head, and reduce the energies of fear to the size of a blueberry looks like a huge task. However, it is important to understand the concept of the tipping point. The tipping point is defined as the point at which the momentum for change becomes unstoppable. The author Greg Braden says that in order to shift the energy of the Collective Consciousness enough to affect the world, it only takes the square root of 1% of the population to move into the new energies. So what does this actually mean in terms of numbers? Well, the population of the earth is currently about 7 billion (that's 7,000,000,000 people). However, the square root of 1% of this is just under 8400 people! Think about that for a moment. That is like the population of a small suburb to shift the energy of the whole planet. With so many light-workers all over the world, that's a target which is very readily attainable. We can make a difference!

Many of the Sacred Activations themselves unplug people from those old 3<sup>rd</sup> dimensional Collective Consciousness energies and plug them into the 5<sup>th</sup> dimensional energies of love. However, after working with this for a while, I realized that when one person comes out of the old energies, many others are unplugged at the same time!

So, when you give the activations, allow yourself to also witness many other people being detached and plugged into the new energies as well as your client. This is part of what makes this work so amazing; we aren't only helping individuals to shift their lives, we really are transforming the planet at the same time.



## The Sacred Activations

The activations given here were available and recorded at the time of writing this manual. I have others which haven't been done yet, and new ones are coming through all the time. After you have completed the Masters' training, you are able to give these and all subsequent new activations providing you have received them yourself first. The list here follows on from the 24 activations given in your practitioner manual.

### 27. Are You a Martyr?

Do you live your life for others?

Are other people's lives and emotions more important than your own?

Were you taught to put others first?

This activation is for you!

### 28. Inner Child Reconnection

Inner Child Reconnection Activation reclaims the pieces of your soul that were left in other lifetimes, galaxies and realms. It clears out all traumas that caused parts of you to be left in other times and places; reclaims your power from those lifetimes; and shifts your foundation beliefs into alignment for the reclamation of your personal power.

### 29. Family Constellation

The Family Constellation Activation is an amazingly powerful activation. It clears your anger, judgment, guilt, and hatred toward your family. It gives you a true knowing of what a family's love feels like. After this activations, amazing shifts in family relationships and dynamics can occur.

### 30. Yin and Yang

The Yin and Yang Activation balances and aligns your male and female energies. I have seen many women who have tapped mostly into their male energy, trying to make a living and be “the man of the house.” Perhaps they did this to succeed in a male-dominated career. Some of these women took over because their husbands were tapped into much a more female energy. This activation allows us to play balanced roles of male and female in this lifetime, without having to over-compensate either energy. For the man, this also allows him to be in balance, and open to receive without having to conquer.

### 31. Mary Magdalena

Sinner to Saint! This activation clears you from guilt, judgment and self-punishment for things you felt you’ve done wrong in this lifetime and other lifetimes. It allows you to be aligned with love for yourself. We are all here learning and growing and changing this allows you to do this without beating yourself up for the mistakes you made in the past. What matters is not the punishment, but the ability to learn, and move forward with the wisdom. This activation frees you to do exactly that.

### 32. Debtors’ Prison

This activation releases you from the Collective Consciousness of being in debt and the religious consciousness of being in debt. It releases any trauma or belief systems of imprisonment for your debt or your family’s debt. A lot of people feel indebted to society, to the government, to work, to family and society as a whole. This activation releases you from all of it.

### 33. Disciples’ Return

This activation releases you from the fear of being crucified for speaking your truth for being aligned with God. Many of the disciples were murdered, and many of the great speakers that we have had on in this world have been murdered. This allows you to work for God free of the fear of being killed for doing it!

### 34. Post-traumatic Stress Disorder Release

The Post Traumatic Stress Disorder Release Activation clears the emotional illness and anxiety disorder which usually develops as a result of extreme fright or a life-threatening event. There are many people that are stuck in emotions resulting from traumas that happened to them in their lives (or even a past life). This includes those traumas from those memories that you might not even be aware of that are still running in the back of your mind, controlling you and keeping you in constant fear. I believe this activation is for most people (as I do not know anybody that has had *zero* traumas in their lifetime.) This activation will allow you to release all those traumas, from group and religious consciousness, and even the culture at large.

### 35. Post-traumatic Stress Disorder (PTSD) for Sexual Abuse-

This clearing is for the abused and abusers. It will clear out the energy throughout your life times and this lifetime, through both the genetic and collective consciousness. It will heal both sides of the abuse and trauma, allowing forgiveness for yourself and others.

### 36. Dyslexia

This activation is for dyslexia and other learning disabilities or issues that make you feel stupid or inadequate. You don't have to have dyslexia to benefit from this activation. It clears all the attachments that come with being dyslexic and prevents from being organized. It also helps with writing and spelling. When I was younger I felt stupid because I could not read or write. I had to go to a special reading class and was embarrassed to stand up and read in class. There are so many people dealing with these and similar issues. Whatever this means for you, this activation clears it out and allows you to feel better and improve those things.

### 37. Brain in Balance

This activation brings the logical left side of your brain into balance with the creative, intuitive right side of your brain. Often we are very dominant on one side or the other. The logical scientist can allow their intuitive side to blossom, and the creative artist can bring structure and organization into their lives - all in perfect balance.

### 38. Fear of Authority

This activation clears the huge belief that authority figures are more powerful than you. They are not, and you'll get your power back here.

### 39. Alchemy of the 3rd Dimension

This activation allows you to release all the third dimensional belief systems in the control from the third dimension. This activation should only be done after you've done the first 12 activations. If you do this one before any of the other ones it can be too much for you and knock you out for a week. Alternatively you will not benefit from it. This activation plugs you into the Christ Consciousness of the 5th dimension.

### 40. Star Seed

The Star-Seed activation increases your energy to a level where you can talk to our brothers and sisters from other worlds, where you can hear them, see them, and know them as love and light, coming here to help us transform our world. It removes your fears so you can communicate with them and know that you are safe when you do so. You will be able to understand them and their message to you. You will be able to act on their advice and, of course, you will also have the discernment that this is real and good advice before acting on it.

#### 41. Healers Who Suffer

This activation clears the blocks, fears and sabotage that prevents healers from doing their work. It also clears the need to create situations that distract you from your healing work and purpose.

#### 42. Fight or Flight

Many of us live in a perpetual state of Fight or Flight. This puts our bodies into high alert, and undermines our long-term health and well-being. This reaction served our distant ancestors in their struggle for survival. However, living in this state is living in a perpetual state of fear. Now we do have a choice. We can choose to live in a state of which dispels fear. This activation clears all those ancestral and Collective Consciousness beliefs around the fight or flight response. This allows us to choose the higher alternative, the alternative of love, harmony and faith. What will you choose?

#### 43. Free Your Genetics

This activation clears the genetic patterns that do not serve you. The “heart attack” “cancer” and other genes that attract certain diseases are cleared and replaced with better genes. It will also clear the fear that attracts these energies and conditions. This activation also clears the Collective Consciousness around these diseases.

#### 44. Disconnect from Disease Consciousness

How many people do you know that are stuck in believes of cancer and other diseases. What percent of women will get breast cancer? What percent of men will get prostate cancer? How many people say this or that disease runs in my Family? Would you like to disconnect from all of that? We only get what we believe, so change it, discount from the group and genetic conciseness, and clear out your core believes of these.

#### 45. Newton’s Laws Disconnect

Newton’s law teaches us that we are form, and that we are separate and that matter cannot be transformed. Scientific understanding has moved on literally light years since Newton. We now know that everything is energy and is connected through the world of quantum physics. However, what we are taught at school, and the understanding in the Collective Consciousness, is still the old view. While we hold onto this understanding, how can we transform ourselves and understand that we are really beings of light? With this deactivation you will be released from the Collective Consciousness that we are form and instead know we are spirit living in a body that is ageless and free of disease. We are light and can do anything.

## 46. Healers' Powers

I find that many healers do not feel they can go beyond their teachers or that they're committed to one modality and unable to have freedom in their healing work. This activation releases you from all of that, including all the old contracts, vows and commitments around this energy. This activation will allow you to be the powerful healer you were always meant to be, knowing that Creator is in charge.

## 47. Organ Regeneration

This activation allows you to focus on different areas of your body, not only the organs but also the muscles the skin and blood. It clears out the emotions and trauma in that area so that your organ can rejuvenate, and so that you can be whole and healthy.

## 48. Polar Opposite

The Polar Opposite activation is amazing. Sometimes, the old negative pathways are entrenched within our brains. By focusing on the negative issue we wish to shift, and doing the Polar Opposite activation, these negative pathways are dis-created, wiped out. This clears the residual energies of those old patterns allowing new pathways of unconditional love to be created. When I witnessed this activation, I saw the energy spinning backwards as it removed the old pattern.

## 49. Caste System Money

The Cast System Money Activation is similar to the Cast System Family Activation, but this time it is about feeling worthy and equal to everyone regardless of how affluent your upbringing. It clears those ancestral programs making you feel less than or unworthy when interacting with someone who was brought up with money, and also clears programs of superiority for those who were brought up with money. When we release all this ancient prejudice around money, we are free to interact on an equal footing with everyone, and be truly abundant in our own lives. We are then able to work with every on an equal footing and see everyone as truly equal - including yourself!

## 50. Angel Power

This activation connects us to who we really are. Disconnecting from religions consciousness and genetic consciousness about what it is to be an earth angel and our worthiness of being that and doing that. We are holding on to a lot of unworthiness from past lives and from our ancestors. This activation brings in the power of our angels and the power of our Higher Selves and our master energy so we can vibrate in that energy in our everyday lives.

## 51. Alchemy of the 4th Dimension

This activation collapses the veil between our world and the fourth dimension, allowing you to see, hear, feel and talk to ancestors. This activation should only be done after you've done the first 12 activations. If you do this one before the others, it may overwhelm you for a week or you will simply not benefit from it.

## 52. Money Gene

This activation brings in the codes of the Laws of Abundance. It connects you to the 5th dimension of unconditional love and abundance.

## 53. Good Parents

This activation clears the guilt and judgment around parenthood and being a good parent. It allows you to forgive yourself and brings in the unconditional love.

## 54. Release from Spiritual Ego

This activation allows your ego to get out of the way, allowing you to do the work, knowing that Creator is in charge. This allows you to be the witness and to help your clients. I have found that some healers get wrapped up with their own ego with some of the miracles that they witness, forgetting that it isn't them who is actually doing the healing. At the other extreme, other healers feel that they simply aren't good enough. They feel inferior to their peers, or get crushed when someone they are trying to help fails to heal or dies. Neither of these extremes is good! This activation frees you from both the feeling that you're too good or not good enough to help people. It brings all this into balance enabling you to get on with fulfilling your purpose in the highest and best way.

## 55. Universal Life Grid

Creator explained to me that healers and people are supposed to bring a lot of light into the world at this time. However sometimes they are being attacked and drained by off-planet beings who are trying to prevent this evolution from happening. The Universal Life Grid Activation is a step up from the Life Grid Activation. This activation protects all the vessels we are in on a soul level, on and off the planet. When this protective grid is in place, these beings no longer have access to us and cannot attack us.

## 56. Crop Circle

This activation aligns you to receive the knowledge of the crop circles. It gives you the understanding of what the messages are for us, as a whole, raising your energy to the level of being able to receive, understand, and vibrate with these messages to the world.

## 57. Karmic Loop

People repeat patterns which are debilitating...those odd loops go on and on...we repeat bad patterns over and over expecting different results...but they never come. This de-activation will help you break those patterns so that you can feel free and back in control.

## 58. Disconnect from Allergies

This activation clears beliefs around allergies.

## 59. The Eyes Have It

Lately, I have been asked about an eye Activation. Like the Dyslexia Activation, this Activation will work on all levels of beliefs around the eyes, vision, and sight. We will then be going into the Akashic records and laying on a healing bed and receiving surgery from the masters on our eyes.

## 60. Galactic Federation

This activation brings you into alignment with our Galactic Family (GF). It aligns you in such a way that you're able to co-create with the GF and be an active participant in Gaia's changes during this historical time

## 61. Star Gate

This activation allows you to move through solar systems and universes very quickly and easily. There is much power and freedom that comes with this activation. This activation should only be done after the first 24 activations and alchemy of the third, fourth and fifth dimensions. As all of these prior activations align you with the energy of unconditional love and your authentic power, so that you can truly benefit from this activation. After receiving the activation, you are brought through a portal and taken into the 7<sup>th</sup> to 12<sup>th</sup> dimensions.

## 62. Sacred Heart

This activation completes the trilogy that started with The Christ Consciousness and Mother Mary Activations. It is recommended that both activations be done before completing the Sacred Heart Activation, as they clear all the blocks and belief systems to prepare you for the Sacred Heart Activation. The activation prepares you to really live in and from the heart

## 63. Total Body Connection

This activation clears any beliefs you have around specific body parts or systems. It connects you with your entire body and the awareness that every body part is important.

## 64. Get in the Vortex of Creation Abundance

The Vortex of Creation, creates abundance in your life. Abundance is an energy that we can plug into. This activation is to be used over and over again, so that you get used to this energy of creation: the energy which allows abundance to flow. During this activation we also plug into the Collective Consciousness of abundance. If this is an energy you're not used to, it is important to do it over and over again, so that new neural pathways of this positive energy can be built within your brain. Once you allow this energy to be natural to you, you will find that abundance will begin to flow into many aspects of your life, easily and effortlessly.



## Activation Subject Groupings

In many instances, clients will come to you wishing to address a particular issue in their life. For example, their prosperity, their health, their relationships. You can group the activations to help shift the blocks undermining their issue of concern. The following gives you some idea on how to proceed.

### Foundation Activations

Super DNA, God Codes, Christ Consciousness, Family Constellation, Inner Child Reconnection, Fruit of Life, Universal Light Language, Heaven on Earth, Moses Codes.

### Health

Age Reversal, Cast System Family, Soul Mate, Newton's Law Disconnection, Super DNA, Heaven on Earth, Addictions Redirection, Organ Regeneration, Weight Liberation, Fruit of Life, Unconditional Love Reconnection, Polar Opposite, Brain Balance, Hormone Balance, Dyslexia, Inner Child Reconnection, Christ Consciousness, Original Light Language, Family Constellation, Moses Codes, Post Traumatic Stress Disorder Release.

### Prosperity

Heaven on Earth, Are You a Martyr, Mary Magdalena, Polar Opposite, Playing it Small, Creative Gene, Get in the Vortex of Creation of Abundance, Fruit of Life, Collective Church, Sacred Power, Cast System Family, Cast System Money, Sacred Power, Cultural Wounds Release, Debtor Prison, Mother Mary, Christ Consciousness, Family Constellation, Inner Child Reconnection

### Relationships

Family Constellation, Soul Mate, Yin Yang, Are You a Martyr, Heaven on Earth, Playing it Small, Sacred Sexuality, Fruit of Life, Sacred Power, Inner Child Reconnection, Cast System Family, Christ Consciousness

### Psychic Abilities

Alchemy of the 3<sup>rd</sup> Dimension, Alchemy of the 4<sup>th</sup> Dimension, Alchemy of the 5<sup>th</sup> Dimension, Stonehenge Avebury, Gaia, Star Gate, Planetary Alignment, God Codes, Heaven on Earth, Crop Circle, Star Seed, Disciples Return, Galactic Federation, Healers' Powers, Release from Spiritual Ego, Universal Life Grid, Fruit of Life, Get in the Vortex of Creation of Abundance, Cultural Wounds Release, Sacred Blueprint, Collective Church, Sacred Power, Universal Light Language, Mother Mary, Post Traumatic Stress Disorder Release, Christ Consciousness, Angel Power

## **Addictions**

Addiction Redirection, Playing it Small, Weight Liberation, Soul Mate, Super DNA, Heaven on Earth, Mary Magdalena, Are You a Martyr, Universal Life Grid, Polar Opposite, Fruit of Life, Cultural Wounds Release, Sacred Power, Inner Child Reconnection, Original Light Language, Family Constellation, Christ Consciousness, Mother Mary, Post Traumatic Stress Release



## Mastering the Masters Course

This is the culmination of the Sacred Activations training.

In Idaho, summer 2013, I was floating in the mineral baths and Lord Metatron came to me. He said I had to learn how to really embody his energy, and I could feel his energy coming over and connecting into mine.

This is what the course is all about. We learn how to connect into that master energy and learn how to really embody the energy of the Ascended Masters. We learn how to hold and vibrate at that high frequency.

We need to be in this vibration at this time on the planet, to do what we need to do. Without this, the human element gets in the way and holds us back. We need to find that energy of total trust that we really can do this work! Nobody else is going to step in and do this work for us. It is up to us to it ourselves for our planet. The only thing preventing us from doing this work and shifting the Collective Consciousness, and consequently the world, is our beliefs that we can't do it.

We will be clearing out the limiting beliefs and programs preventing us from truly holding the vibration of the Masters' energy. We'll be spending a lot of time in the energy of the different Ascended Masters. I don't know exactly what's going to happen, but it's going to be amazing!