



Mastering Your Inner Landscape

Foundation 1

Part of Earth Soul Song
Diamond Heart Home
Allara

April/May 2025



01

Welcome

**Welcome Beautiful Friend
Welcome to the Beginnings of Self Mastery**

**This is a 5 week immersion into the Frequency and
Embodiment of your own Source Self.**

**This course is a potent learning Arena, where we can
begin to explore and recognise what we have been doing
with our Energy Body and our Psyche, and what it may
instead feel like to operate from the One True Unified Field
of the Self.**

02

Vision and Expectations

This course is a 5 week Fully Supported Container.

- It has been designed to teach you about Frequency
- To teach you about the **current state** of the Human Psyche and Her relationship with Creation
- And to assist You to begin to change your own internal entanglement with the ideology and the looping energy fields and behavioural patterns, that you and this collective state may have you caught in.





Delivery and Access

This container is delivered across three technology mediums:

Learning Portal

- This is an on-line school platform that provides you with your own private access to all your information and practices
- This portal is open for the duration of this 5 week container and is accessible 24/7

Live Zoom meetings

- These occur 1 time per week for 5 consecutive weeks. They run for approximately 1.5 hrs and will be placed in your learning portal as a recording for those wishing to deepen into the wisdoms and transmissions, or for those unable to attend workshops live.
- Each meeting provides sumptuous wisdom transmissions through a downloadable slide presentation.
- You will also be exposed to a series of activations and collated practices to support your personal entrainment


. Telegram Group

- This is our ongoing group communication space, providing organic connection, inspiration and support. You are able to stay in touch with me and the group for the duration of the container, ask any questions and share your discoveries and experiences here.



04 Who will this resonate for?

- Those individuals deeply drawn to the magic and frequency of their own body
- Those willing and capable of exploring the boundaries of their own patterns, beliefs and behaviours
- Those deeply desiring some relief from their current looping patterns
- Those interested in and dedicated to personal consciousness
- Those deeply drawn to being able to take personal leadership of their own self
- Those deeply desiring sovereignty

A black and white close-up photograph of an owl's face, showing its large, intense eye and textured feathers. The owl is looking directly at the camera.

05

Embodiment

**The Human is an Electrical
Frequency Being.**

You hold Source Frequency.

**You are made of Source
Frequency.**

**It is your body that will get you
out of disharmony, not your
intellect.**

**It is your body that will teach
you your own Source
Frequency.**

**It is your body that establishes
the emanation that becomes
your reality.**

06

purpose and principle

**The body is what will teach us our own
Source Frequency**

**When we choose to open to the actual
experience and technology of the body,
we have the opportunity to begin to exit
the matrix of our current cultural set
point.**

When we learn to stabilize within the body
and the self,

and to continually align here

This supports the body to come out of
contraction and deep fear

And we can begin to understand and take
action on what we actually want.



07

How am I being supported?

This container comprises of **5 x 1.5hr workshop sessions** delivered via Zoom. Each workshop contains a **downloadable slide presentation** as well as **rich discussion, activations and exposure to some valuable entrainment practices.**

Within these workshops we will:

- Become aware of how the Human Psyche is currently being used to interact with Creation, causing the negative looping cycles and experiences you are having, both personally and collectively.
- Introduce the Body to Zero Point Frequency and teach it how to hold this frequency as the foundation point for peace, nourishment and sovereign recalibration.
- Explore some tools to begin to develop our own neural feedback rather than using the programs we have currently been running through us.
- As a member of any of my learning containers you also have access to my **reduced rate of personal 1:1 session**. It is a huge opportunity to open up what you may have ignored for so long, and move through some of those energies in a more committed, systematic, significant way.



Exchange

This is FOUNDATION 1 in a series called MASTERING YOUR INNER LANDSCAPE

The total cost of this 5 week container is **\$220**

Weekly payment plans are available for anyone they support.

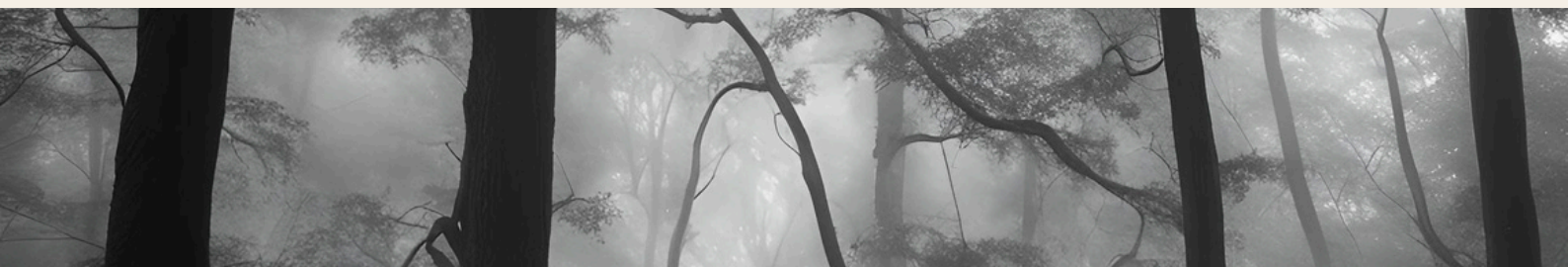
Payment is due via bank transfer before the workshop of each week(s).

This is a beautiful and at times very personal journey. When I receive your payment it is with the understanding that you take full responsibility and accountability for the emotions, experiences and results that may or may not arise during and after the completion of this container.

When I receive your payment, It is also with the understanding and agreement that you are identified as mentally stable.

**Please make payment to:
Diamond Heart Home
BSB 638010
ACC 15736938**

Thankyou for your exquisite exchange. It is the crystalization of love from both sides. x





Blessings

Oceans of love to you Beautiful One

It is an immense pleasure and gift to be journeying with you.

This next sharing of space and time is laced with deep reverence and dazzling emerging consciousness of light

As always, I am right here with you.

I am easily available:

Phone: 0412 382 580

Email: allara.diamondheart@gmail.com