

ANDROMEDAN INSPIRED  
SPIRITUAL EMBODIMENT  
FOR YOUR  
TRANSFORMATION





# THIS IS FOR YOU IF ...

**You feel stuck in your spiritual awakening and**

- Feel so much energy and emotion inside, but yet don't know how to move it
- Are tired of only “figuring it out” mentally and spiritually in 5D, while your human nervous system still feels tight or frozen
- Long for a non-judgmental space where nothing is “too much” and nothing is “not enough”
- Want a regular practice, not just another piece of content
- Crave a place where your awakening can land in your body – not only in your mind



If you recognize yourself here, these expressive art calls are a pathway of restoration, never a performance.

# WHO ARE THE ANDROMEDANS?



The Andromedans are beings of light from the Andromeda galaxy.

## **Their main characteristics are:**

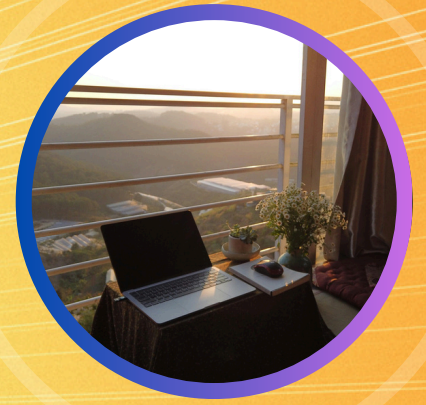
- an expansive consciousness
- a peaceful energy
- a respect for diversity
- a cosmic orientation
- connection with higher dimensions
- they bring vibrational healing and
- unconditional love.

They promote **new evolutionary pathways** that strengthen the **bond with the sacred**, bring together matter and spirit and **honour the essence of every being**.

I have been chosen to bring these values as a lived and shared experience to humanity as a galactic messenger. The Andromedan spirit lives in every impulse given here.

This work can be deeply transformative while feeling safe and contained – because you are in your own home, in your own body, moving at your own pace.

# BEFORE WE BEGIN:



## What happens in the calls

We work with movement, sound and imagination.  
This is about the language of your soul and nervous system,  
connecting you with lost parts of yourself.

### What supports you:

- **A little space to move**  
A small corner of your room where you can stand, sway, and take a few steps. No special equipment needed.
- **Privacy, as much as possible**  
So you feel free to move, hum, or make sounds without feeling watched or judged.
- **Punctuality**  
We begin together, and then the door to the Zoom room is closed, because each impulse builds on the one before. This creates a safe, coherent container for everyone.
- **Cameras and microphones off**  
Your camera and microphone stay off the whole time. You are unwatched and unheard. I switch my microphone on only to offer the next gentle impulse, and my camera stays off as well – so you can fully drop into your own inner world.

# WHAT WE ACTUALLY DO IN A CALL

Each call has a theme. For example: **LIGHT**.

We move through a series of 3-minute impulses that gently wake up your body, voice, and imagination.

A simplified example of a “LIGHT” call:



- **Arrive**  
Hand on heart, breathing in and out three times.  
You gently arrive in your body.
- **Loosen**  
Bobbing, shaking, or bouncing – loosening stuck energy.
- **Soften into self-embrace**  
Gently swinging from side to side while hugging yourself.
- **Play with the word “light”**  
Let your body gently “write” a word starting with “light”.  
  
Then sing a word that starts with “light”, any sound at all, no perfection needed.





- **Imagine your life as a tiny landscape**  
Suddenly the light switches on and everything starts to move. What do you see?
- **Receive**  
Sitting still, simply preparing to receive light.
- **Core impulse (about 5 minutes)**  
Moving around and making gentle sounds freely, following your own impulses.

- **Integrate**  
Sit again and imagine light flowing through your whole body, settling into your cells.
- **Close**  
Hand on heart, breathing three times.  
A sense of completion.



You cannot do this wrong.  
Even if you feel “nothing”, even if you move very little,  
that is material we gently honour.

# YOUR ROLE & MY ROLE

## Your Role

- Show up exactly as you are that day.
- Stay curious about whatever happens (or doesn't happen).
- Let things be imperfect, messy, quiet, or loud.
- If you feel activated during or after a call, you can explore this gently with the tapping/breathing process on the Expressive Art Space Skool.

## My Role

- Hold the energetic and emotional container of the call.
- Offer clear, simple impulses and timing.
- Watch the arc of the session so your nervous system feels safe and not overwhelmed.
- Help you notice what has shifted, even subtly.
- And to stay in my own humanity – I am in the practice with you, not above you.

# COMMON FEARS

## Common fears & how we hold them:

### **“What if I cry?”**

Tears are welcome. They mean that something is moving. You are in your own space. If you feel like sitting down and crying, please do so. This is all about you.

If an activation has taken place, please gently meet this with the tapping/breathing process available on the platform – it is there for any kind of feeling.

### **“What if nothing comes?”**

If you do not know what to do, you can always walk around and hum, or even sing “lalala”. You could also sing something to your body.

Numbness, blankness, or stillness is already information. Maybe your body needs time to build trust.

And if you feel like doing something completely different from what I suggested: perfect. Follow your own impulses.

### **“What if I don’t move ‘enough’ or ‘right’?”**

There is no “right”. A tiny sway, a single sound, or just breathing with the impulse is enough.

You may even lie down on the floor if that impulse comes. This is about learning to follow yourself – however this might look.

# How The Calls Change Your Body & Soul

## Experiences you can have in this space:

- You are good exactly as you are.
- It is safe to be you.
- You are not alone.
- You are held.
- Your body is wise – you begin to feel its signals more clearly.
- You are connected.
- You can trust – yourself, your body, and your path a little more each time.

# YOUR NEXT STEP

You're invited to experience

The **Andromedan** inspired spiritual embodiment practices for your **transformation** yourself:

- Join my free community space and try free spiritual embodiment calls (every 5<sup>th</sup> Thursday)
- Or explore a membership tier to make this your regular sanctuary.

You don't have to commit forever. One honest experience is already meaningful. Come as you are, with whatever is alive in you that day.

[Join my free community on Skool](#)



With so much love from my heart,

*Mo*