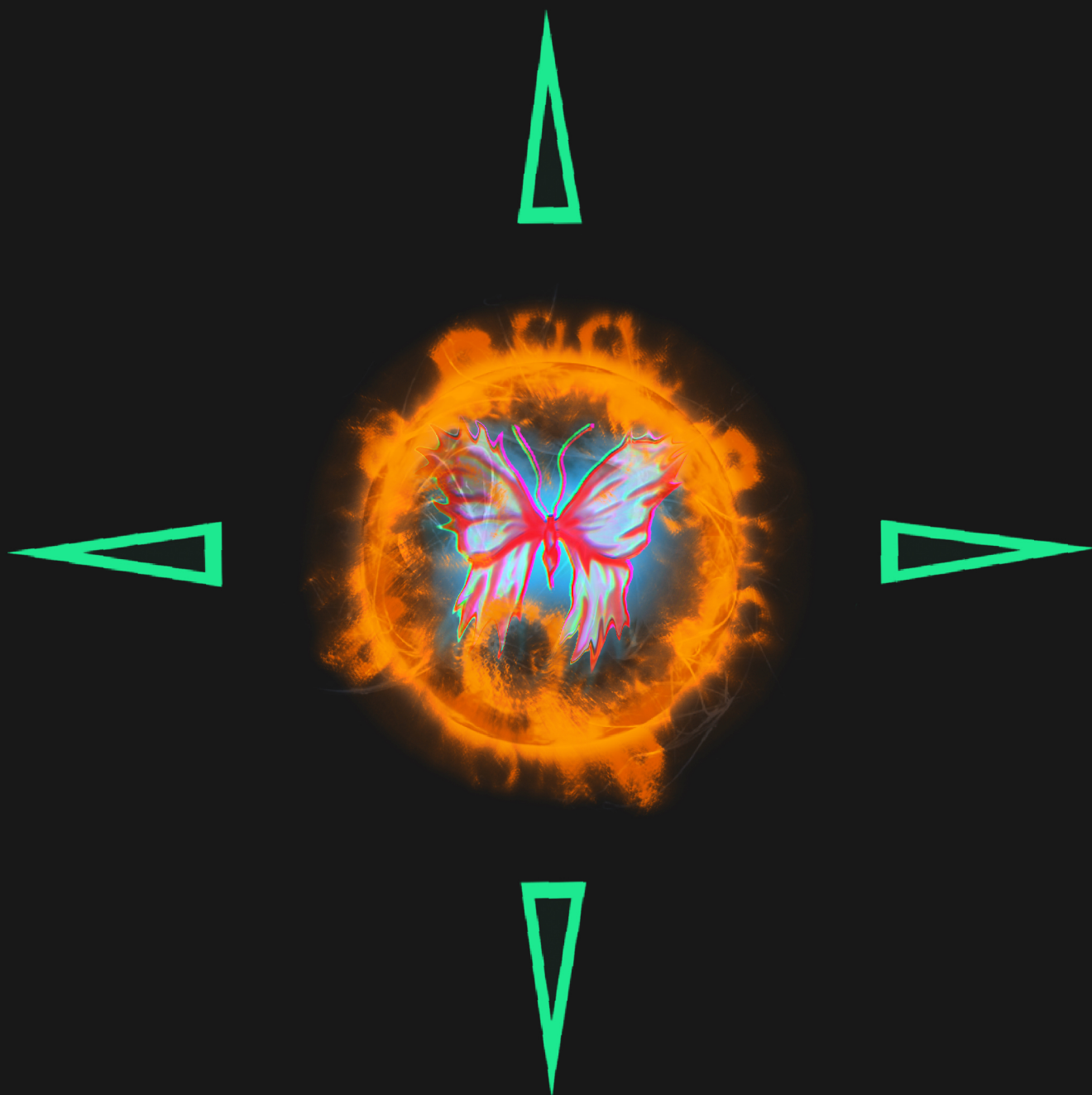




*Multi-Dimensional
Transformation Symposium
2023*

Handbook

MDT Symposium Schedule

All times are show in British Standard Time (GMT +1)

Opening

12:00 - 12:10

Physical Plane

12:10 – 12:40

Vaughan Lee (Mixed Martial Arts)

Mental Plane

12:45 -13:45

Costas Lambropoulos (Wim Hof Method Instructor)

Ana-Maria Georgieva (NLP Transformational Coach)

-Comfort Break-

13:45 – 14:00

Inner Vision: Introduction FER-BIO Method

14:00 – 14:45

Rayna Lountzis (Power Vibe Facilitator)

Rouxhan Coetzee (Legacy Coach)

Emotional Plane

14:45 – 15:45

Amber Cherelle Moore (EFT Transformational Coach)

Kelsey Grace Hall (Spiritual Life Coach)

Spiritual Plane

15:50 – 16:50

Tracy Saqladi (Transference Healing© Practitioner)

Oliwia Ezayana (Plasma Healing Facilitator)

-Closing-

16:50 – 17:00

Introducing MDT Symposium Hosts



Rayna Lountzis (Power Vibe Club)

United Kingdom | <https://powervibe.club>

Originally from Bulgaria, Rayna has settled in the UK with her Greek husband and their four children! Rayna is a social entrepreneur and a power vibe facilitator who supports people to reach their highest potential through constructive self-image, bringing forth their entrepreneurial spirit through heart-desired projects they want to create.



Rouxhan Coetzee (Feather Coaching)

South Africa | [Feather Coaching](#)

Rouxhan is a passionate facilitator, exploring our multi-dimensional experience. He is a legacy coach, and a writer. He answered the calling of his heart to be of service to those individuals who comes across My River. His mission and passion is to bring awareness and understanding to the importance of having a vision for your Legacy that you are creating consciously or unconsciously for the planet and for our lives as we transition into the new Golden Age of this Galaxy.



Inner Vision Transformational Journey

Est. 2022 Collaboration between **Rayna & Rouxhan**.

Merging the world of Self-Image and Vision.

Meet the Speakers

Vaughan Lee (Mixed Martial Art)

United Kingdom

Vaughan [pronunciation: Vawn], is 40 years old and has been studying martial arts for over 27 years. He has competed at the highest level in Mixed Martial Arts all over the world.

He lived in Thailand for a few years teaching people from all walks of life and now he has settled with his family back in England, UK where he teaches. He still travels the world with his student fighters for fights and seminars.

Vaughan trains everyone who is guided to him, from full time fighters looking to get the slightest edge over their opponent to the hobbyists, trying to get fit or gain self esteem.



Amber Cherelle Moore (Limitless Mum Academy)

<https://www.ambercherelle.com/>

Amber is a life loving, eclectic, mind empowerment mentor with a healthy rebellious attitude and a longing to see more people being true to their needs and desires - living happier unbound lives, their way! She empowers women to reconnect with who you were always designed to be so that you can confidently, successfully and happily forge a uniquely aligned path through life and business.



Kelsey Grace Hall (Awakening Grace)

<https://www.kelseygracehall.com/sbm-inner-circle>

Kelsey is an expert in perceiving psychological blind spots. She facilitates profound shifts at subconscious and cellular levels, fueled by her own journey of overcoming sexual trauma, alcohol abuse, and self-hatred. Her passion for healing and personal triumphs inspire hope, offering a life of fulfillment. With empathy and resilience, Kelsey lights the way for others, helping them discover their own transformation and create the life they love.





Costas Lambropoulos (Wim Hoff Method Instructor)

<https://www.wimhofmethod.com/instructors/constantinos-lambropoulos-1>

Costas is a wellbeing and ultimate performance coach. Costas utilized special tools such as Hypnotherapy and Breath work mixed with progressive cold exposure to get maximum results from his clients. Overcoming mobility issues, chronic pain and snoring are just a few of the things he supports people with, bringing the coherence between mind - body into practice.



Ana-Maria Georgieva (Luna Voda Coaching)

<https://lunavoda.com>

Ana-Maria is a heart-centered transformative coach that emphasizes the need to heal our childhood traumas whether it is higher or lower level trauma, to live our life with a lightness within our spirit and being. Ana-Maria Georgieva is a highly trained NLP coach with an extensive background in behavioral psychology, advanced wellness and leadership. Her purpose is to help people feel seen, supported, and encouraged – and to show them how to reclaim their power, rebuild their confidence, and create permanent changes in their self-perception



Tracy Saqladi (Empowered Ascension)

<https://tracysaqladi.com/>

My name is Tracy Saqladi and I am a registered Transference Healing® practitioner & teacher, Ascension guide and Transformational mentor. I help spiritually awakened women step into being the best version of themselves whilst creating their best life, in line with their highest divine potential

Oliwia Ezayana (AL-Hum-Bhra Magistracy Councils of Cosminyahas)

Poland

Oliwia works from her heart space, assisting everyone to find a path that serves their highest development. By making many journeys in the Plasma Body and working directly with my spiritual Guardians, Oliwia developed her consciousness on a daily basis and support others in this process.



Where to join us LIVE on June 23, 2023

Zoom

Download Zoom here: <https://zoom.us/>

Once installed you can use the following link to join us **LIVE**:

<https://us06web.zoom.us/j/86811046587>

Youtube

You can join us **LIVE** or on **REPLAY** on [Inner Vision Transformational Journey](#) Youtube channel.

Use the following link to join us **LIVE** on **June 23, 2023 12:00 P.M. BST GMT+1**

<https://www.youtube.com/live/c8NqamBaa2Y>

Multi-Dimensional Transformational Symposium

Q. What does multi-dimensional transformation mean?

- A. Transformation takes place not only within our external reality, but even more so within our inner world. When we dive deeper in to the layers which makes up our inner world we will find that there is more here than what we initially thought. Our *Inner World* shapes our external experience. When we take a look at the multiple facets of our *Inner World* then we will realize that it is **multi-dimensional** in nature. Its layers stacked upon layers. When one is transformed the other follow, or if one is neglected the others are neglected. They are all working in unison for the benefit of the whole human and soul experience. Multi-Dimensional transformation means that we are working with the different planes that govern our physical experience and make changes within our *Inner World* and allowing it to affect our reality.

Q. How many Dimensions are there?

- A. There are a lot of dimensions, there are 15 primary dimensions where we are currently mastering Density 1 – 3 and we are moving up the ranks. There are sub-frequency bands within each dimension which governs the experience of each Harmonic Universe. We are only going to touch upon these dimensions a bit, we are going to focus on the Multi-Dimensional aspects of ourselves which consists of following, **Physical Plane**, **Emotional Plane**, **Mental Plane**, and **Spiritual Plane**. There are more layers, for this year's symposium we are going to cover these planes as it is important to become aware of the foundational planes that governs our reality.

Q. What is the Physical Plane?

- A. The *Physical Plane* is the realm where we see our intentions and the collective thoughts manifest in the world. It is where we can perceive nature as if it was tangible and solid. The *Physical Plane* is the densest Harmonic Universe that we are living out our experience.

Q. What is the Emotional Plane?

- A. The *Emotional Plane* is the world of **energy**. Emotion stands for *energy in motion*. When we have a thought that we can feel as an emotion, it creates a ripple effect within the emotional plane causing synchronicities to unfold and take shape. If we do not transform our *emotional plane* then we are allowing stagnant energies to stay within your field and cause dis-eases.

Q. What is the Mental Plane?

- A. The *Mental Plane* is governed by your *Higher Mind (Universal Mind, Cosmic Mind, Planetary Mind, and Human Mind)*. It has biases because of your belief systems and past experiences. When you tap into the flow state that the *Mental Plane* offers then your thoughts will align with your *emotional plane* so that you take the right action step to support the endeavor you are on.

Q. What is the Spiritual Plane?

- A. The *Spiritual Plane* is home, it the world in which all planes dwells in. The *Spiritual Plane* is also referred to as the none-physical plane, which is more real and tangible than the physical plane. Everything has to have a **spiritual** component to it, to manifest into the physical. When we neglect our own **spiritual** component then we are in disharmony with life itself, it will always be there, but it is up to us to re-member that we are **Spiritual Beings** having a *Human experience*.

Q. Why should we focus on transformation?

- A. *Transformation* is necessary because you are taking the old energy and you are refining and retuning it to support your own evolution. When you choose the path of conscious transformation then you are able to make radical decisions as to where you are heading and if you want to travel into that direction. Transformation will happen whether you are an active participant or not, so it is more beneficial for all involved if you take the responsibility and focus on your transformation to get the benefits of why you came to this planet in the first place.

FER-BIO Method

The FER-Bio Method enables you to introduce yourself in an effective and concise way.

Have you ever experienced that feeling when you bump into someone and they ask you what do you do and you do not really know what to say and every time you answer that question you find yourself giving a different answer?

FER-Bio Method is a solution to articulate who you are and what it is that you do by answering the following questions and using those answers to create your FER-Bio.

The following exercise intends to bring clarity though following the formula that **FER-Bio Method** consists of, *Foundation, Emotion, Relatability* all mixed together to present yourself in a networking environment, so you show up as the best version of yourself at that time, integral with your word, confident and authentic to your unique journey of life.

Our consciousness is amazing! When we ask a question, we 9 out of 10 times get the answer we are looking for, the one that was missed is either because we didn't want to hear the answer or we avoided it. SO, during the exercises ask yourself the questions and answer it with whatever comes to the surface. Be transparent and open to receive that guidance that your heart will reveal to you. You will be surprised at how valuable the answers become when you review them in a couple of months from now.

Foundations

Our foundations determine the first impression we make. Our foundations are also the project, concept or an idea that we want to present. This is the most important part, right? When our foundations are carried over to the person or group you are networking with, we are able to build upon that, whatever you desire to convey to that person. Let us explore our foundations to see for yourself what you have within your *mental* inventory.

Grab your journal and complete this exercise.

Answer the following questions.

- Q. How does my impact make me feel like?**
 - Q. How does my influence make other people feel? What do I want them to feel?**
 - Q. Does my daily activity reflect the outcome what I want people to experience?**
 - Q. What made me into the person I am today?**
 - Q. What is my origin story?**
 - Q. How can I articulate this story in a way that sparks relatability or imagination?**
 - Q. Who do I want to be known as?**
 - Q. What is the vision that you hold for the future of the next generations?**
 - Q. What do you want out of your client?**
 - Q. When did you start your profession?**
 - Q. What drew you into the industry?**
 - Q. How can the crowd benefit by knowing you?**
 - Q. How would you feel if you had to get the people you are talking to onboard with your project?**
-

By answering these questions you will have something to work with when you combine all the information that you have gathered into a structured foundation to lead the conversation with.

Feel free to ask yourself more questions when you are done answering these questions. The more questions you ask the clearer the *right* answer becomes.

Emotions

When we talk to people, they will eventually forget the words we spoke as it fades into the ethers. What people will not forget is how you made them feel. During the Foundations the first two questions I allowed you to plant seeds of what you want to feel and how you want other people to feel. How can you become better at making people feel a certain way? Through practical application... Meaning you have to put yourself out there and explore different ways to convey and spark emotions within people you are talking to.

Grab your journal and complete this exercise.

Answer the following questions.

Q. What are three ways I can spark emotions through the stories I tell?

Q. What is the specific emotions I want to spark?

Q. How do I want to make the being on the other end feel my energies?

Q. When would you know that the emotion has been received?

Q. Which speaker has sparked an emotion within you that you can study?

Q. What skills do you need to improve to convey your emotions?

Q. Who has stirred a certain emotion in your life that you can vividly remember?

Q. What is your capacity to feel emotions? (out of 10) and WHY?

To be able to convey the energies of emotion to another person, we are restricted to the extent as to how much emotion we can conjure within ourselves first. When we connect heart center to heart center and we would have had a conversation, the emotions that I felt, you would have felt subconsciously. We need to remember that the other person might not feel the emotion during the moment of conversation, but nonetheless the emotion was received and is anchored into the person you are talking to. Think of it as you are leaving a piece of you with the person you are talking to, and how you share that piece of you is what will remain with them on a subconscious level. As a conscious being, experiencing life, consider along with your emotion the intention behind it, as that also is perceived multi-dimensionally, remember we are all part of one, think of it as that divine being opposite you is You!

Relatability

When do we feel most comfortable when speaking to a stranger? When we have something to relate to. By finding a common thread within each other's vision makes a perfect environment for potential collaboration opportunity seeds to be planted. When we are able to relate to a person, they start to lower their defenses, this doesn't mean that you have to agree with everything they are saying. People enjoy being challenged in a sense of growth and learning. When you convey a common interest, convey the emotion of how you see it unfolding and if you need this person to collaborate with you then simply emphasize how it would be more efficient and profitable if like-minded people could hop onto the project with you.

When you relate with a person on a personal level, you not only have a collaboration partner but you could have the possibility to become good friends who build each other up. We are only as great as the 5 people closest to you. The next question is who do you want to have around you as your support system? Are they in your same line of work? Do you need to gain experience in a field to be able to relate to them?

It's important to understand the *multi-dimensionality* of individuals, it's not enough to just be able to relate with them, you should be able to see yourself working with this person for hours on end to complete a project. If you feel glad that the conversation is over then they might not be a good fit for you, or you need to change your angle of approach.

To be able to relate to a person there are common threads that could be similar:

- Line of Occupation
- Desired Outcome
- Shared Vision
- Interested Projects
- Generational Impact
- Problems & Obstacles
- Circle of Friends or Mentors
- Open to Collaboration

FER-Bio in practice

Your FER-Bio into practice will be no longer than 3 minutes verbal introduction following the method instructions as we've introduced above, and will present you in such light so you consciously stand out of the crowd, making it specifically irresistible to receive a "no" answer when it comes to partnership proposition with like-minded and aligned collaborators. You won't be able to write it in five minutes, as it will take you a time to prepare it, but once you have done it, it is a great "Conscious living tool" that will support you throughout your life. According to the different networking scenarios you find yourselves in, you can tweak your FER-Bio and keep shining your light bright and with humility, contributing to this life on earth living a fulfilled, impactful life.

Thank You

For showing up for you. Thank you for being on this planet when it is needed most. Thank you for your dedication to your own life and those you are still to inspire. Live your life to Your standards. Go from this place differently than you came here, follow the direction your heart is guiding you.

From the whole **Inner Vision Transformational Journey Team** have an amazing life filled with wonder and adventure. The replay will be available that you can find on our Youtube channel.

A special thank you to all the speaker who gave their time and energy to come share with us their insights and their wisdom that we all learned from. We appreciate you and we honor the being who you.