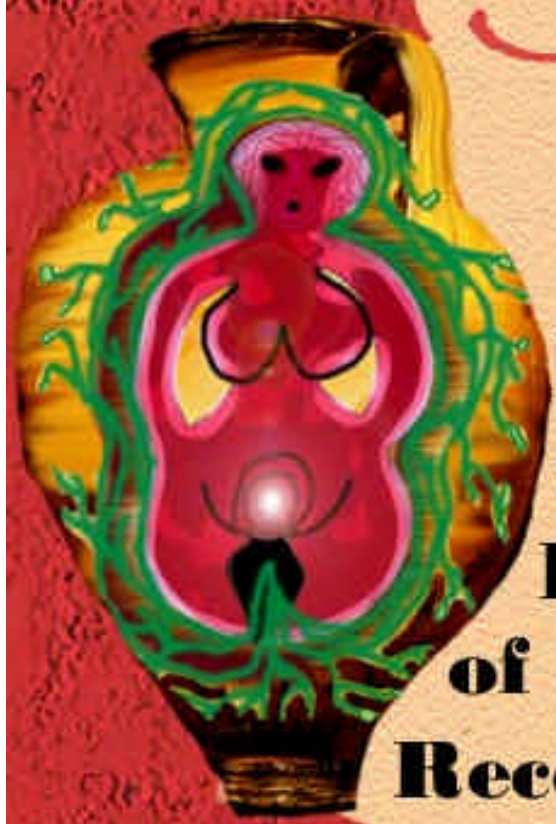


**BONUS!**  
**Ceremony Outline**

# The Sacred Vessel



**Harness  
the  
Power  
of  
Receptivity**

**Female Secrets  
in the  
Law of Attraction**



**Maria Mar**

## Praise for Maria Mar

"...I had a dream of becoming a good performer, but I was afraid of expressing myself. Maria taught me to listen to my body and to transform my fears into my allies ...With Maria's wise guidance and integrative tools, I began a profound journey of unraveling my Authentic Self. ..Today I am my dream, a performer, bailaora and writer. I can express my Authentic Self through my art, thanks to Maria."

Corazon Tierra  
The Body Image Queen  
Author and performer

"Maria Mar is a wonderful shaman who is helping me to change my life. She teaches wonderful tools that I can use to reach my dream, like **Sacred Space**, the **Breath of Life** and the **BodyWalk** and the **Dragonfly Diva Journey**. These tools are helping me to feel good about myself and to reach my dreams with love and peace... The material... is a great tool that helps me to identify parts of my behaviors that were sabotaging my dream. She is amazing!"

Migdalia Santiago  
Social worker and mother

"I was challenged to reach deep within myself, find my inner creator, face my deepest fears, all of this while having a lot of fun!... Maria Mar has an incredible gift for cutting into the heart of any problem or crisis and then giving you the tools to move through it. She does this through her own immense and deeply spiritual creativity."

Kali Van Der Merwe  
Award-winning film-maker and artist  
South Africa

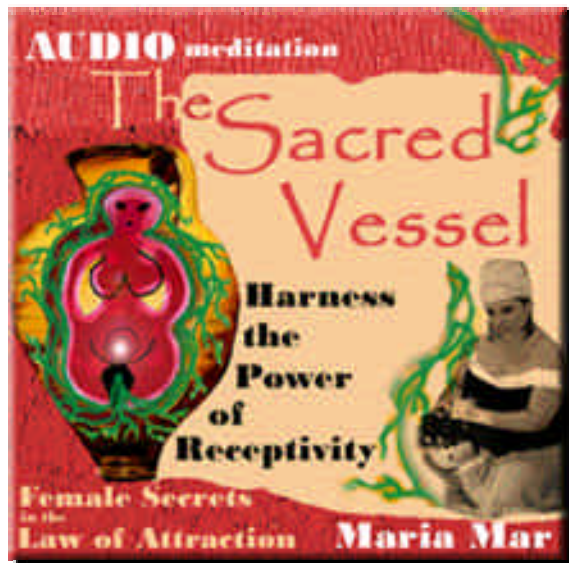
"The **FlightDream** performance was a deeply healing experience for me, as it gave me an opportunity to see in the performance the patterns and behaviors that prevent me from living powerfully and I believe prevent a lot of women from living powerfully."

Tania Ramirez  
Audience member

Since working with Maria, I have been inspired to create from my gift for drawing portraits from life, a career that is a marriage between my political convictions and my creative passion. I have found something that feels like what I am meant to be doing: a means of speaking out about social justice through art.

Gabrielle Le Roux  
Activist, artist and mother  
South Africa

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Maria Mar**



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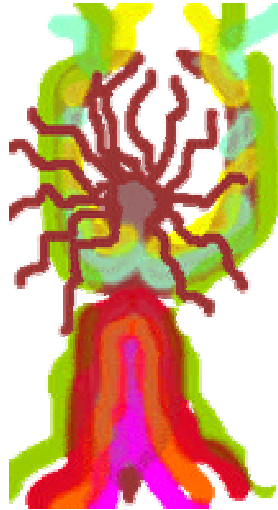
**Hear the Harry Shade Radio Show!**

**Maria Mar reveals how the Female Secrets in the Law of Attraction work and talks about the Power of Receptivity. She then guides the audience through the mediation in this book. FREE!**

## **Want to know more about the Female Secrets in the Law of Attraction?**

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- **Post a question to Maria Mar.**
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# Dream like a woman!

with the

## Female Secrets in the Law of Attraction

Product Collection

### The Dream Kit

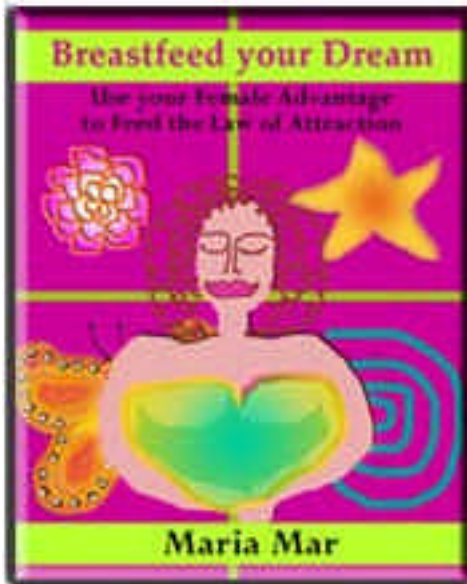
**The Dream Kit** is a magical journey into Female Wisdom and power. Journey with the protagonist of the novel to discover an encyclopedia of **Female Secrets** in the Law of Attraction. Use the workbook to apply this knowledge to your life, and watch the obstacles to your dream dissolve! Use the audio meditation to journey deep into your psyche and retrieve your Soul's Purpose.

Designed by artist-shaman Maria Mar, the **Dream Kit** is a life-transforming shamanic journey to discover and release the obstacles to your dream. It uses storytelling, one of the traditional ways in which women pass on information, to move you deep from within and generate the emotional vibration that you need to attract your desires.

[Read more.](#)



### Digital Bundle



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### Breastfeed Your Dream

Use the female secrets in the law of attraction to birth your dream into your life in nine months.

Maria Mar reveals your Female Secrets in the Law of Attraction and how to turn them into your Female Advantages to manifest your Personal Dream. This book is a bridge from where you are to where you want to be. Each chapter includes:

- One Female Secret in the Law of Attraction.
- How this secret is your Female Advantage
- What prevents you from using this advantage
- An Act of Power that will reclaim your Female Advantage and help you flow the Law of Attraction powerfully in your life.
- Includes art projects, daily practices, journal writing exercises and more!

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Features four  
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and how to use them  
in your daily life.

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community of dreamers.

- Monthly live meetings with Maria Mar.
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**BONUS**

Ceremonial Guidance

**The Sacred Vessel:**  
Harness the Power of Receptivity

Female Secrets in the Law of Attraction Series

By Maria Mar©

[www.catchthedreamexpress.com](http://www.catchthedreamexpress.com)

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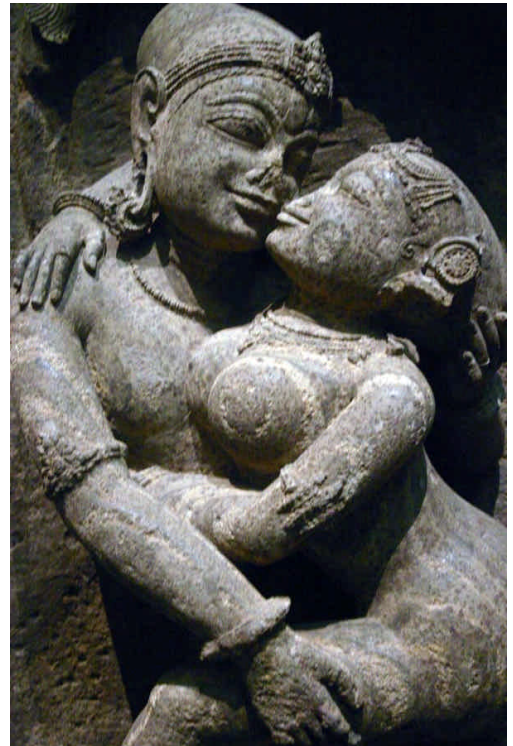
## Introduction

Centuries since the last stone in the Temple of the Goddess fell, to be covered by the new temples to the patriarchal god, we still have not remembered the buried powers and gifts of the Sacred Feminine. The Divine Shiva is still widowed of his beloved Shakti in our way of life.

We celebrate Shiva, the Sacred Masculine within us and in the Universe. But years of witch burning, inquisitions and persecutions lead us to forgetfulness and to the devaluing of the feminine. Still today, we perceive Shakti to be a lesser force. Though women sustain the heart of the world in each family and community, we still do not grasp the awesome power of the Sacred Feminine.

Modern women have often pursued power by imitating the paradigms of Shiva, which experiences control as power. Love has become invisible as the source of power, though every emerging blade of grass and blooming flower is an act of Universal Love. Many modern women follow the Warrior Archetype and forsake the Dancer Archetype.

Thus, they lose the grace that grants them a magnetic advantage to flow, dance and commune with the Universe. They distrust their feminine intuition. They create an inner war between love and power. At the end, they are in double disadvantage, as they are trying to hold power in an inorganic way AND they have given up their Female Advantage in the Law of Attraction.



## **The Mayan Prophecies for 2012**

The result of this *Inner Divorce* between the Sacred Feminine and the Sacred Masculine is that our world has gotten more violent and accelerated and we are under unbearable stress.

The Mayan prophecies that predicted that this, the Fifth World, would be destroyed by a sun burning itself are rapidly becoming true.

Consider that the sun represents Shiva, the Sacred Masculine within us, the Active Action and penetrating force. Conversely, the Moon represents Shakti, the Sacred Feminine. She teaches us Receptive Action and is the bearer of magnetic force.

## **Shiva and Shakti Actions**

Because of this *Inner Divorce*, we have confused action with aggression and beingness with passivity. We have become, as John Bradshaw says, “human doings” instead of human beings.

If we are not aggressively pushing or doing, we believe that we are not taking action. If we are being or experiencing our inner life, we believe that we are not taking action.

In the Shakti realm, however, Receptive Actions have an astonishing power. In fact, this is the way of the Universe in regards to the Law of Attraction, which is magnetic ? not penetrating or formative? in its frequency.

Consider the Law of Gravity. If you just release your effort to stand, you fall.

Consider the Law of Sound Traveling. If you simply release your vibration on sound, you talk or sing.

Releasing, allowing, opening and receiving are Shakti Actions. You can see them as internal actions. These Receptive Actions are powerful because the universe flows towards an empty space that

opens to receive. They magnetize the flow of the universe. This is the essence of the Law of Attraction.

These, by the way, are ancient secrets known by shamans and alchemists for centuries.

Today you hold one such secret in your hands. Do not dismiss it for its simplicity, for true science and art stand in elegant, simple solutions. Consider that the Universe is the greatest work of art. Why shouldn't it follow the elegance of simplicity?

## **The Power of Receptivity**

**The Power of Receptivity** is an ancient art that shamans have used for centuries.

It is the art used in the Dream Baskets of many shamans. It is the principle in the sacred “soperas” or vessels of the *Santeria* rituals. It is the principle by which the Taoists attract the Dralas, the spirits of the place. It is the principle behind the Holy Grail.

The ultimate vessel, of course, is the Self. The *Santeros*, for example, create the “soperas” as nests for the different *Orishás*, like Shangó, the African Shiva and Ochún, the African Shakti. But the true vessel is the initiate. During a one-year ceremony, she or he is cleansed, purified, opened and finally embedded with the powers of his or her particular *Orishá*. The spiritual Godfathers and Godmothers literally summon the power and guide it to enter the vessel of the initiate.

The Self as Sacred Vessel is what you will experience in the ceremony outlined in this ebook.

Here is the formula to create a container and channel using the **Power or Receptivity** to attract and magnetize a Universal Power that brings the frequency of what you desire.

1. To attract spirit you must create a nest for it to land on it.

2. This hollow or holly ground needs to be empty because that emptiness attracts the flow of energy.
3. It must be receptive, because no one goes where they are not welcome.
4. This vessel must be clean and beautiful and prepared with the spirit of what you summon in the heart. It's like arranging a guest room so that she will love it.
5. Finally, you must open intentionally to receive the power you are summoning.

## Ceremonial Outline

### PREPARATION

- Practice the *Breath of life* or any other form of deep breathing, like *Belly Breathing* (3X).
- Close yourself and feel yourself as a vessel. Your whole body is a Sacred Vessel. It may be an urn, a chalice, a basket, “sopera” or bowl, a jug or fountain.
- Cup your belly in your hands.
- As you inhale during the rest of the practice, feel the air as a hand of laser light that goes into each body area and cleanses it of all debris.
- As you exhale during the rest of the practice, release the debris and feel the *Breath of Life* sucking it out through your nose into the Sacred Mystery or Void.
- Place your tongue against the palate, behind your upper teeth, to create a valve effect. This slows down your exhalation. The slower the exhalation, the deeper the relaxation.

### JOURNEY

#### **Emptying the Vessel**

- Root Chakra- This is the bottom of your Sacred Vessel, comprising your perineum, anal area and your crutch. This is the bottom of your container, if you are seating down. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release fear and debris from the past.
- Sexual Chakra – This is the wide bottom container in your Sacred Vessel, comprising your genitals and your entire pelvic area. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release emotional

mildew. These old stagnant emotions contaminate your present.

- Solar Plexus? This is the central cavity of your Sacred Vessel, comprising all your digestive organs and stomach, from your diaphragm to your navel. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release mental noise, anxiety and the fear-based urged to push forward, skipping the present.
- Heart- This is the upper cavity of your Sacred Vessel, comprising your chest and shoulder cavity, both in front and in the back, including your lungs and shoulder blades. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release attachment and distrust. Generate an Inner Smile that is born in your heart, from your love. Remember the faces of those you love and gather this love into an Inner Smile. Allow the smile to emerge subtly into your lips and to shine in your eyes.
- FEEL THE EMPTY AND CLEAN VESSEL as you breathe deeply and slowly (3X)

### **Cleansing the Lid**

- Your neck and mouth form the mouth of the vessel. Cleanse it with your breath. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release toxins and repressed energies in a vibrant, audible “hum.”
- Your Third Eye is the lid of the vessel. Cleanse the lid of the vessel with your breath. As you inhale, allow the laser light hand of the air to travel to that area, fill and cleanse it. In exhalation, release worry and control
- Your Crown Chakra opens the lid. Open your Crown Chakra and feel the God-head, a cone of light that connects you to Divinity. Allow your desire to flow to you through this cone of light.
- Smile to the energies that are flowing towards you. Summon the powers that are responding to you. Smile or laugh from the joy in

your belly. Call that power from the empty bottom of the vessel, so that it pours all the way down into your body.

### **Recognizing the Subtle Forces**

- While you may expect thunders and lighting bolts, the Universe knows that such extreme energy would scare and even harm you. Be ready for more subtle sensations: moods, images, feelings, changes in temperature, memories, vibrations, colors and energy swirls, feelings of fullness and satisfaction, feelings of pregnancy and subtle feelings, such as clarity or peace.
- (If you get feelings of pregnancy, you may want to follow this meditation with the **Gestate your Dream ceremony**.)
- Enjoy the feeling of fullness. Welcome the object of desire into yourself. Allow it to be there, without trying to figure anything out or control anything. HOLD IT THERE.
- End with 3 taps to the crown of your head, to close it.

That's it beautiful sisters. My recommendation is that you record this while talking slowly. Then play it back so that you can go into your journey and relax.

If you want my healing voice guiding you, **click on the next page to pre-order the audio**.

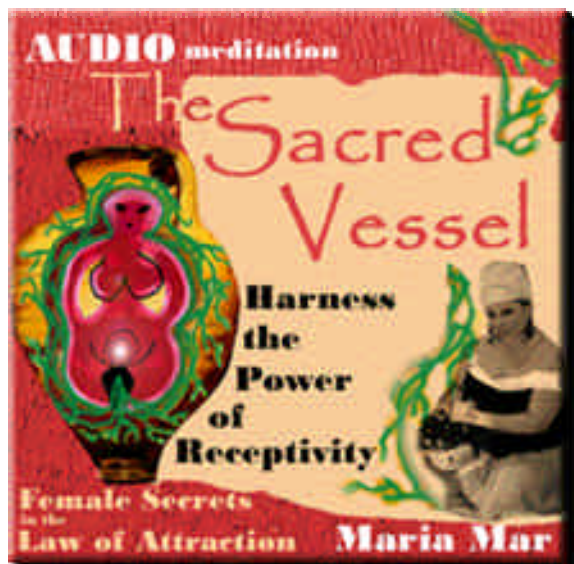
You can share this gift ebook with your sisters, girlfriends and peers. The more women that pre-order the audio, the more priority I will give it, and the sooner you'll have it.

Light and Love,

**Maria Mar**

**The Dream Alchemist**

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with the guidance of artist-shaman  
Maria Mar**



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## About the Author



**Maria Mar**

PBS-TV featured artist-shaman **Maria Mar** is a new renaissance woman who has reclaimed her vast creative power and helps other women do the same. She is an author, visual artist, dance-theatre performance and storyteller with more than 20 years of experience. She is also an internationally known shaman and spiritual teacher and a life coach for women.

Maria Mar integrates writing, visual art and performance to create art experiences that change peoples' lives. She has removed all obstacles to her grace and creativity, designing her unique business to use art as a catalyst for change and manifestation. Using this catalyst, she helps passionate women who are determined to live their dreams. Maria offers events, books, digital products, membership, and coaching support to help you use the Female Secrets in the Law of Attraction to manifest your dream.

As a shaman, Maria Mar is a *Woman of Power*. This means that she has transformed her pain into power, her emotional wounds into her *Personal Medicine*. **Maria Mar** walks her talk. Each book, digital product, performance or program she creates comes out of her own journey to freedom. She has worked, healed and addressed thousands of women in the USA, South Africa, Mexico and other countries. Maria's passion is to empower women emotionally, spiritually, socially and financially.

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I hope that you enjoy the ceremony. I will be happy to hear how it went and to know if you need any other ceremonies. **Contat me!**

**Maria Mar**

**The Dream Alchemist**