

NEW PLANT PROGRAM!  
WITH ELIZABETH & PAULA  
THEME: CONSCIOUSLY EMITTING LIGHT  
CONNECTING WITH THE PLANT KINGDOMS  
DATE: 12-19 APRIL 2025

#### BACKGROUND

During the last Solar Eclipse on 29 March there was a huge download of very high Galactic Light.

Made possible, also, by a huge upgrade of our bodies' nervous systems.

We are now able to function more fully as the "light houses" that we actually are.

And remembering the times of Lemuria and Atlantis - that we are amazing light beings in physical form.

#### SCIENCE: OUR CELLS EMIT LIGHT

Biological scientists (like Popp) irrevocably confirm the fact that EVERY cell in our body EMITS light.

Yes, our body actually sends out a form of radiation!

The nucleus of every cell acting as a transmitter and receiver of radio-electric waves (light).

So having a "Light" body is - now- a scientific fact.

#### THE SHIFT OF NEPTUNE

AND with the huge event of Neptune moving out of Pisces on 30 March we have been blessed to finally shed so much of our victim consciousness.

We now have an opportunity to become empty vessels.

To hold much higher frequency light.

#### THE SUPPORT OF THE EARTH, ROSES, ROSEMARY & ROSE GERANIUM

All of the natural world - our beautiful Earth- is already resonating at this advanced frequency.

And so able to help us to do the same!

So during this program we will be enlisting the help of the plant kingdoms to receive the blessing of these times:

Roses, Rosemary & Rose Geranium

Clearing old parasitic energies to support the huge changes in our nervous system, tuning in and downloading more light into our bodies with the help of the plants

and to ACTIVELY facilitate the release of more Light in our bodies,

Becoming the embodied light beings we truly are.

SO! HOW EXCEPTIONAL ARE THESE TIMES?

And life need not be difficult.

In fact, it can now become unbelievably joyful!

Are you ready?

Lets co- create with the Earth and receive her blessing.

#### DETAILS

WHAT YOU REQUIRE: a plant- rose, rose geranium or rosemary, or the essential oil of one of them

#### FORMAT:

4 ZOOMS (on 12, 14, 16 & 19 APRIL - starting on the first day of the program - also the Full Moon - at 8pm South African time. If you unable to make it all zooms will be recorded for the program.

PROCESS: you will be part of a WhatsApp group where each day instructions, some pre-recorded meditations and other sharings will be posted. Forming a wonderful earth connected and like minded community.

TIME INVESTMENT; an hour a day (or more - if you are guided to do so)

CONTRIBUTION: R850 /\$47 /Euro44 / 36GBP

TO SIGN UP: contact me, Elizabeth WhatsApp +27662124130 or email [sacredearthstarfire@gmail.com](mailto:sacredearthstarfire@gmail.com) / [elizabethbardin@icloud.com](mailto:elizabethbardin@icloud.com)

## FACILITATORS

It is great privilege to offer this program with Paula Janse Van Rensburg who lives in Barrydale, South Africa. For those who don't know her yet, here is some background info. She is an amazing being! And incredibly talented in working with the Earth 🌍

### ABOUT PAULA JANSE VAN RENSBURG

A Freedom Coach and Cosmic Channel, Paula has walked a path of deep connection with the natural world since childhood. Her innate bond with nature evolved into channeling wisdom from the unseen worlds.

Paula channels cosmic guidance, connecting with various star races and recently forming a profound connection with the ancient ones from Atlantis. In 2022, she channeled the transformative Illumin method—designed to assist humanity in raising our frequency and remembering our true essence.

Paula believes we are all powerful channels for Source energy and able to become conscious conduits of universal light and knowledge.