

PREPARATION FOR THE
PROGRANA

Level 3 Advanced Techniques



EMBODY . REMEMBER . ONENESS

MEET YOUR TEACHER

Samantha Sarah Brown
Prograna Founder, Channeller & Guardian



A MESSAGE FROM ME

I am so grateful you chose to be here.

Prograna is a space for your inner return. To reconnect with the totality of who you are and step into your infinite expression.

It is time for you to embody your power. Create your path and meet yourself with love, compassion and grace.

If you have any questions or would like to book a Prograna transmission please feel free to contact me.



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LEVELS 3 ADVANCED PRACTITIONER WORKSHOP

CONGRATULATIONS ON HEARING THE CALL TO DEEPEN WITH PROGRANA

I am so honoured to welcome you into this sacred space, and I'm truly excited to guide you through the magic of the Prograna advanced techniques.

This one day workshop is designed to take you deeper into your own embodied remembrance and expand how you work with Prograna for yourself and for others.



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IT'S ALL ABOUT YOU

CREATED BY YOU

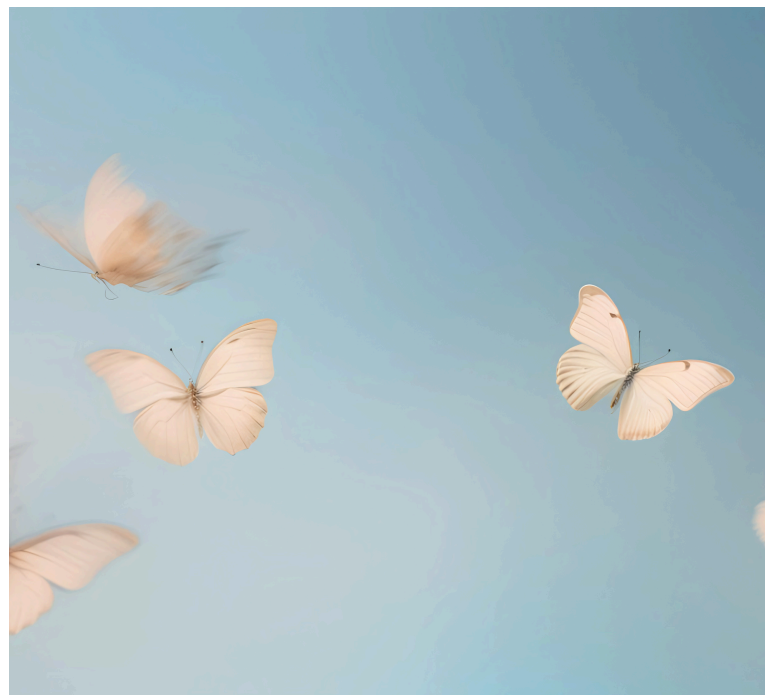
Prograna has been created by you. Every experience you meet within it, is exactly what your consciousness has woven. Perfectly timed and perfectly matched.

NATURAL & ORGANIC

Prograna is a part of your blueprint.

Prograna offers a natural and organic calibration, the shifts you feel leading up to the workshop should feel the same way, gentle, organic, intuitive and true to your own rhythm.

Trust yourself.



RECONNECT WITH YOURSELF

The lead up to the workshop is a gentle invitation to pause, breathe, and reconnect with your inner world.

TAKE TIME TO REFLECT

There's no right way to move through this – just your way. Let each reflection guide you deeper into awareness, self-compassion, and inner peace.

Come as you are. Be honest. Be loving.
And above all, be present with yourself.

You are the Creator & the Creation



What you may experience prior to the Workshop

Temperature Fluctuations

Heightened Emotions

Aversions from certain foods |
alcohol | cigarettes

Increased connection to self

Downloads | Insights |
Epiphanies

A deep calling to stillness

Entry into the observer state

New gifts coming online

It is recommended to not receive any other energy therapies around 48 hours prior to the workshop - unless you feel deeply aligned to. Remember this is your journey and your experience. You cannot get it wrong!



IDEAS TO SUPPORT YOU AS YOU

CALIBRATE & PREPARE

01

Journal | Mindfulness

Simply journal any insights or downloads you may receive. Write your feelings down, your higher consciousness will likely channel through you. Gratitude lists, supports to open the heart space.



02

Nature Walks | Movement

Being in nature makes everything better! It can support you to feel connected to the physical body and Gaia consciousness. Movement supports in moving energy in your body.



03

Meditation | Stillness

Do a guided meditation or just allow yourself to journey and be guided by your soul. Stillness will create space for insights and support in stabilising your energy.





04

Rest and Rejuvenate

Feeling tired? Don't ignore that! Recalibration happens a lot during rest, if you are called to rest, it is because that's what you need. Give yourself permission to slow.

05

Program your water

A simple technique, with big impact! Set intentions into your water. Prograna is helping to recode at cellular level, water supports in moving those codes through the body.



06

Receive a Prograna Activation

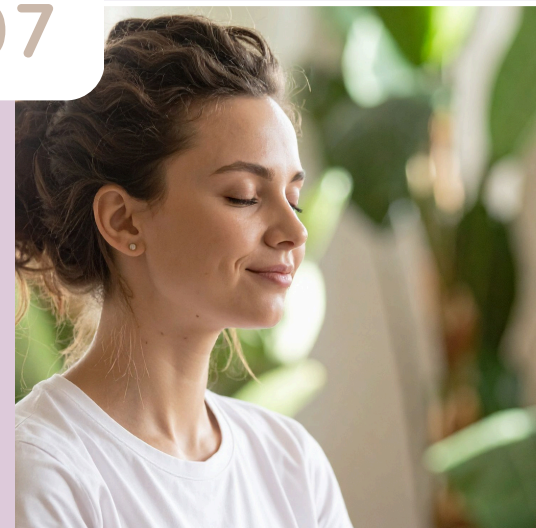
You may feel called to receive a Prograna diamond monadic activation before the workshop. Alternatively you may want to book for an additional activation.



07

Be Mindful

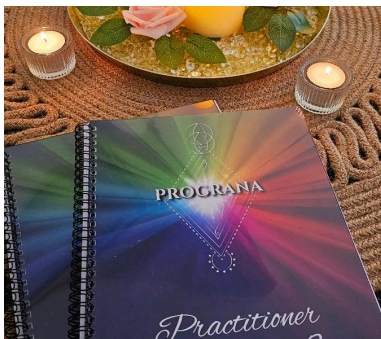
Be mindful of the energies you are absorbing, particularly with social media and news. You are likely to feel more sensitive and open, you are recalibrating your entire make up, so just be aware of energies going into the field.



Resources

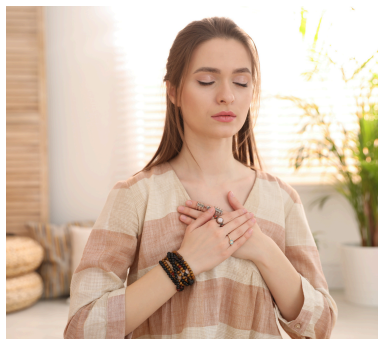
Ways in which Prograna can support you as you prepare to embark on your journey are listed below.

If you would like to schedule a coffee and chat on Zoom with Samantha, please message me directly either by phone or email.



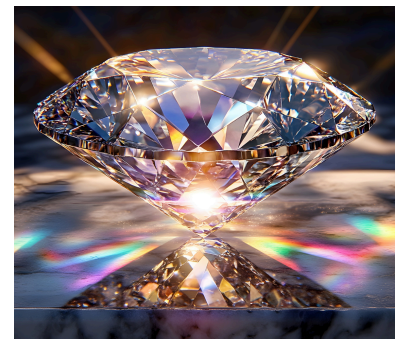
READ YOUR LEVEL 1 - 3 PRACTITIONER MANUAL

I recommend that you read your Prograna level 1 - 3 manual. The manual is encoded with the frequencies of Prograna and may serve as a transmission to deepen your remembrance.



GIVE YOURSELF SEVERAL TRANSMISSIONS

It may be beneficial for you to give yourself several transmissions on the lead up to the workshop. Do as many that feels aligned to you. You cannot overdose on Prograna.



RECIEVE A DIAMOND MONADIC ACTIVATION OR ACTIVATION

You can schedule a Diamond Monadic Activation with your teacher. It must be given at least 21 days prior to the start of the workshop. Alternatively you can book an additional activation. Levels 1 - 6 available.

Have Fun!

Have fun during this process, joy shifts our energy very fast.

This work we are doing doesn't always require seriousness, big cathartic moments, and it certainly doesn't require pain and suffering! Your soul is calling you to remember your magic, sovereignty and freedom.

Let those outdated beliefs, programs and conditioning melt away!



Contact:

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