



HIEROS

Katherine Bird

Welcome to HIEROS!

Thank you for joining HIEROS. I am excited to begin this journey with you and I am committed to a collective where we can focus on our inner development, energetic mastery, tool building, healing and creative expression.

First Thing To Do

Please fill out this form. You can not participate until this form has been completed. <https://forms.gle/dmfq1fRv7MCg2XrG9>

What Are You Most Interested in Learning?

Please fill out this survey which will help me to understand what the collective is most interested in learning so that I am building out a valuable contribution. <https://forms.gle/ZkDBfKeoX3TNUhyb8>

We have a Collective Portal on Mighty Networks.

This will be a place for asking any questions about the program, the assignments and to reflect on what you are receiving throughout our time together. Every question is a good question. Every reflection brings clarity for us all. I encourage you to be free and open in your shares. The way to get the most out of this time together is to be devoted and present throughout.

Please fill out your profile so that we can all get to know each other more and create a community.

If you are struggling, uncertain or in need please reach out to me via the group!

Link to join: Here is a link to join https://network-5012136.mn.co/share/-e5NtBLgZ37RD_n?utm_source=manual

Classroom and Materials:

Your course will be on the back end of my website: katherinebird.com

You can access that here: <https://katherinebird.com/my-courses/>

Please see the separate email with all of the information on how to initially access your membership, the courses that you have access to, change your password and log in on a regular basis. The email will also give you information as to how to handle issues if you are unable to access your course during its progress. Further tech questions are to be submitted to: support@katherinebird.com.

You will see the backend of the site, with your profile and then the courses that you have access to as part of the membership. Other courses that I run you will be able to access them here as well if you are participating.

Inside the courses there will be lessons with teachings, practices and additional materials such as PDFs and or recommended resources.

Booking Private Sessions and Consults:

If you are booking private sessions, here are the links. I am available for consults to discuss further work and that can be booked via the online link.

On-Line Sessions:

Please use this link to book your sessions: <http://meetme.so/>

[KatBirdOnLineSession](#)

Conferencing for Live Calls

We will be using Zoom for our coaching, channeling calls. Everyone will have access to the videos from the sessions and they will be posted in the LIVE CALLS Course. Although, you will have access to the recordings, I ask that you try to make sessions in person. This way we are building a more powerful container for all of us and you will get any questions answered.

Here is the link for the conference:

Join Zoom Meeting

<https://zoom.us/j/5080994131>

Meeting ID: 508 099 4131

One tap mobile

+16699006833,,5080994131# US (San Jose)

+16468769923,,5080994131# US (New York)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 646 876 9923 US (New York)

Meeting ID: 508 099 4131

Find your local number: <https://zoom.us/u/acsRMKHHcn>

It might be helpful to restart your computer before the session. Sometimes it will offer a much better quality to shut down other windows and browsers, make sure nothing is downloading and switch off other devices that might be connecting to your wifi.

If you have a major tech problem usually it will be remedied by restarting the computer and sometimes by restarting the router. Try to make sure you are prepared for the session before hand. If your tech problems persist, do not worry, you will have access to the recording.

Test your systems. If you don't have good speakers you might want to get a small set, but usually it is fine.

I will be muting you at first. I will be offering a live teaching based on the current energies and group inquiries from the group, clarifying topics.

We will also go into practice space to work on presence, connection, energetic sensitivity and to develop new meditation techniques that support this path.

There will then be time for questions which you can ask live or via written chat. If you can not make a live call, you can email or FB message me questions.

This is about participation. So, please be prepared to give this time your full attention. Turn off your phone, go to a quiet space without distractions. You will only get out what you put in. I encourage your presence.

Homework

By incorporating the practices and concepts that we are working with into your regular meditations and practice times, you will progress in your abilities and offerings.

Journal

Please get a journal that will be for this work and your inner life, to write about your experiences, the practices, what is coming up for you and your meditations. This is vital to deepen the journey and to give you reflection time.

Sacred Space

It is important for you to have a sacred space in your home. Create a place that feels good for you to be in. It should have room for you to move. A spot in front of a window that looks onto something lovely or a special piece of art that makes you feel good to look at will inspire you to spend more time in the space. A small table to create an altar is important. Here you can place objects that feel special, sacred or powerful to you. Images that reflect the aspects of you that you would like to see come out, candles, stones and crystals, animal images, objects from nature, whatever draws your eye and makes you feel good. Have a meditation cushion (so that when you sit your pelvis is above your knees) nearby. Your altar is a channel itself, streaming light into your space and anchoring your prayers and intentions.

This is a place that will bring you peace and power. This is where you will be doing your home practices.

If you have any questions, please reach out.
support@katherinebird.com

kat@katherinebird.com

323. 337. 7607

You are amazing! I am so honored to be taking this path with you!