

These questions are for you to use during Wednesday's course call and to deepen into over the course of the week after the call.

QUESTIONS FOR DEEPER INQUIRY SOLO OR WITH PARTNER VIRTUALLY

What pattern has been being broken down in your life, to be purified, clarified, brought into full awareness, that you can synthesize and re-form into a higher vibration of you, that will naturally exist without that pattern obscuring your true vibration? (Sink into the belly in this moment to feel what that pattern is. Make note of it for your alchemical work this week.)

How do you know when you are experiencing raised frequency? What actually raises your frequency? (allows you to feel more joyful, inspired, uplifted, connected etc.)
What compromises it? (makes you feel tired, drained, confused, unclear etc.)

If you had a 10 increment measuring device where male balance was on the right and 10 and female balance was on the left at 1, at what number would you presently sit in the continuum?

Ask yourself, "Where am I in the journey of sovereignty? Do I see myself as a sovereign being?" Please stop and let one word or one image/ symbol intuitively emerge that describes your state of sovereignty. (pause)

How would my life be different if I were operating out of freedom and sovereignty, rather than limitation or apparent constraint?

What would need to change for me to manifest more fluidly in my life and choices?
In observing nature, there is constant change. How am I resistant to change or afraid to change?

What is an intuitive symbol or image of my wholeness to support me in seeing myself as already whole? And then operating backwards, as if already whole?