



Here are Your Deepening Practices for Week 4:

Practice: Seeing the Larger Pattern

With any occurrence, (especially when you have something happen that you don't understand), stop and ask yourself, "What is the larger pattern that is operating in this situation?" Then listen/feel sense your Essence, soul voice, which has the hologramatic overview, to answer.

Practice: Following Synchronicity

This week follow every apparent coincidence, synchronicity, with hyper-alert awareness to see where its divine "Crumb trail" leads you. Your soul speaks to you in symbol and "synchronicity". Follow it to see where it leads you, to what epiphany or awareness your essence is trying to bring to your attention. Apply intention and attention to those synchronicities and note what happens.

Advanced Practice: Seeing Through the Weave of 3D Reality

Do your mirror practice again, with the clear intention to stay with it until "your face" or your whole being appears to disappear in the mirror, into an oval of light. Such that all you will be witnessing is a luminous cocoon of light where your being was sitting. In this you are seeing into the implicate reality of animating light, beneath the explicate reality that out-pictures in the 3D sense world.

Practice: Developing the Muscle of Dimensional Vision

Get a book of stereograms to re- train your brain to see through the appearance of 3d images, into the embedded images of dimensional reality, that appear when you relax your vision into a larger matrix, shifting your perspective.

*Magic Eye Stereograms are a great place to start.

Practice: Where can you find Fractals in your daily life?

Make a game of making an assessment of all the fractals (self similar repeating patterns) in your environment from looking at cauliflower, to pinecones, to ice crystals, to veins in leaves etc. See how many you can identify.

Please also revisit these: Questions for Deepening as Souls in Breakout Groups and Solo work

Ask any question of consciousness and then ask, "What is the larger pattern operating here."

What IS a hologram? Are there concrete examples in your daily life that you can name?

What are some concrete examples of fractals in nature, in your environment? (A fractal is a repeating self-similar pattern (such as the picture of the cauliflower in this week's course email))

What are some concrete examples of synchronicities that have happened to you recently in your daily life?

How can you "create" more synchronicity in your life?

How are *intention* and *attention* holographically linked in the realm of manifestation in the physical world?

How can you begin to perceive BENEATH the appearance in our 3D holographic movie into the underlying quantum matrix?