



## **A letter from Ariel and your Deepening Practices for Week 7:**

*Dearest Beloved Journeymen. KEEP LAUGHING! STAY AWAKE!!!!!!!!!!!!!! DON'T GO BACK TO SLEEP!*



*What an honor to walk this part of the mythic journey with you.. to be your ally in stepping up into the fullness of who you actually ARE as a divine BEING! I celebrate each of your unique paths to re-union in Oneness. I walk the pathless path of Love and Ecstasy (with a sidecar of silliness and humor of course!) WALK IT WITH ME! LET'S SHARE THAT JOURNEY!*

*I do so hope you take the time to work with your "How to Create Novelty" handout to bring the life of Infinite possibility into physical form in YOUR LIFE! Keep asking "Who says?" to the enculturated, limiting beliefs that you have consumed without consciousness that are presently alchemically transmuting, so that you can live in the joy and ecstasy that you are here to embody as a model for all beings. If you want to work with awakening your pineal gland and therefore more ecstasy in your being, check out my youtube video which can be found in the youtube search engine under the search words: ariel spilsbury out of the blue!!*

*Though it all comes from the Divine Source, if you are going to copy something from what have handed out or shared please, in integrity, "Copy It Right"! That just means please credit any material if you use them. And as someone recommended, there is enough material in this seven weeks for 7 months or years of consciousness work, so if you want to go back and listen to the different modules and work with the practices for a longer period, please do!*

*"And now a word from our sponsor": [www.holographicgoddess.com](http://www.holographicgoddess.com)*

*If you ARE interested in pursuing the Ridiculum Curriculum or any other interface with me, please send me your email at [www.holographicgoddess.com](http://www.holographicgoddess.com) or [immayan@aol.com](mailto:immayan@aol.com)*

*If you want to continue working with "me" without my being physically present, and if you want a life time curriculum in consciousness through the Divine Feminine lens, consider getting a copy of The Alchemy of Ecstasy, The 13 Moon Oracle, or the Finding Guidance from Within mini deck.*

*Go on my website to buy **Laughter Stock**.. it is presently going through the ROOF!!*

*Or my son Demian's Buzz in a Bottle cayenne tincture, if you want to get your inner alchemical fires heated right up to sizzle! [www.buzzinabottle.com](http://www.buzzinabottle.com)*

*Again, highly recommended if you are interested in high resonance game playing such as Glass Bead Games. Finite and Infinite Games by James Carse  
Magister Ludi: The Glass Bead Game by Herman Hesse*

## ***Practices for the week of Module 7***

### **Practices for Deepening with the Liberation of Humor as Higher Consciousness**

#### **Practices Risking Receiving Clear Reflection:**

Want to really grow outside of your comfortable sense of ego identification? Be willing to risk asking trusted ally's "What is it that you feel is my "blind spot" a place that is still obscured from my awareness, something subconscious that I may not be yet fully aware of?"

#### **Practice Noticing Who Carries the Crazy Wisdom Lineage:**

Has your path ever crossed with a Heyoka, Divine Madman, Advanhunta, Zogchen, Crazy Wisdom master by whatever name, and what was the outcome? How did you respond or react?

#### **Practice: Defining What you Call Holy, Spiritual, or Good.**

Honestly tell yourself how you hold spirituality, holiness and goodness. Are you easily shocked by behavior that moves out of the prescribed ways you have held spirituality? Consider how or around what you find yourself in judgment or stunned dismay. Are you willing to open your container for what you define as spiritual, holy or good? What would that larger container look like?

#### **Practicing: Listening to The Intelligence of Fear**

Really investigate what you are most afraid of. Tell yourself the truth. Then be willing to meditate when you have time, on how your fear is intelligent, what it is trying to get through to you, past your controlling mind! This is an important investigation in consciousness!

#### **Practice: Making an Inventory of the Ego Descriptors of the Image you Present**

Really be willing to do a self-importance inventory to see how your preferences and ego descriptors are limiting your present reality from expanding. If you want to really grow from this practice, be brutally honest with yourself. Especially make an ego description inventory of the “image” you try to present to the world, to get others to see you in a certain favorable light.

### **Practice: Inventorying Routines**

Take an inventory of your daily routines. Notice how much of your life force goes into maintaining the status quo. Consider and imagine how bringing more spontaneity, flexibility, unpredictability and the element of surprise into your reality, would significantly alter your life experience. For advanced practice, dive into some change in that department!

### **Practices on How to Create Novelty**

Consider doing all the “Practices on How to Create Novelty”. That should take a few months or years in itself and bear very exotic fruits if you are willing to stretch your consciousness limitation edges!

***You can find all of the session 7 handouts on your course homepage under Session 7,***

### ***Questions for Deepening with the Liberation of Humor***

*Does enlightenment have to be a serious business? Why do you think so? What is your programming in this regard. Investigate it. Ask “Who says?” to your programmed beliefs in relationship to seriousness.*

*Consider deeply what your definition of spirituality, enlightenment and illumination are presently. Ask whether you are willing to expand that definition. If you are, what boundaries would you be moving?*

*Deeply consider and investigate the meaning of the following brilliant quote of James Carse, “In infinite play it is because I cannot see what you see that I can see at all!”*

*Consider why in English certain people are described as “deadly” serious. Remembering that seriousness is the dread of the unpredictable outcome of open possibility. To be serious is to press for a specified conclusion. On a scale of serious on one end to playful on the other, where do you sit? Do you want to do anything about changing that? What would that look like in your actual life?*