

Week 2 Day 5

The third eye chakra & crown chakra. How we perceive the world and our divine connection.

These two energy centers highly vibrate in unison with Source. Ultimately, we are infinitely connected with Source energy. This IS what we are. We are nothing less. The notion that our ego minds even 'get' in the way is false. We are not our ego... we are Source. Therefore, we are nothing less, and therefore we can be nothing else but all that is. This is our truth. Anything less than this is vibrationally low and an illusion. It really is this simple.

To tap into our intuitive connection, we must open to this truth. WE MUST LEAVE ALL ILLUSIONS BEHIND. If we are already connected, there is nothing we can not be, do, or have. There is nothing we cannot relate with. There is nothing in our way.

As we do this work, we are mainly grounding ourselves and reuniting with the truth of who we are. As we do this, we reunite with the aspect of our self that already KNOWS this. You came in knowing this as a child. You came from Source to play in this playground and therefore your will return to Source. No matter what.

We open our third eye and crown to this knowing. This is the purpose of this lesson.
ALLOWING YOURSELF TO DREAM AND BE INSPIRED CONNECTS YOU WITH SPIRIT AND REMAINING IN SPIRIT IS WHAT YOU ARE RETURNING TO.

Your third eye, your intuition, your guidance will be dropping in. You are to acknowledge their presence and follow through! Even if it does not make sense and even if your mind has no idea of why. THIS IS LIVING IN JOY! This is living IN SPIRIT! This is INTUITION!

Our job is not to figure out the why. Our role is to listen to the inspired heart and follow through. Many wonder, how do we know what is coming from the heart? We follow the calling of our hearts, and we always remain in the heart. We remain here, knowing there is something greater guiding us. We listen.

Of course, there will be people and groups that try to steer us differently. They want us to fit into their paradigm. Ask yourself this if what they are asking you to do really works? If it is something that makes your heart sing? Do you feel connected, elated, and excited about life? If the answer is no, then there is something going on that is not in alignment with spirit, and we are to listen to ourselves. If our hearts are open, and if we are listening and doing the connected living, then we begin to discern truly what is happening. This inspires us to be uplifted and full of light. Remaining in the light is our mission to return. Filling ourselves, and then allowing ourselves to be overflowing with inspirit joy naturally spreads it to others. This is the way.

So if spirit inspires you to do something then we follow through. We don't question... we just go. We do it. It is in alignment with our heart. It is for the highest good and we let go of the rest.

MAKE the phone call to the person you have been feeling in your heart, visit that place that has been calling to you, and seek to follow your inspirations. It is in the unknown that our spirits long for us to go. To trust, to be, to know. Letting go of control is the beauty of being connected.

We trust so securely in our connection to Source that as we follow through, we know our dreams are being answered. We have asked, and we trust in the process to show us the way. We are lead guided and directed. Trust in the asking, surrender to the moment, and follow through.

How many times have you gone somewhere or done something without thinking and 'coincidences' just happened? Sense the time that this happened and then feel the sensation that were happening within your body. Were you feeling connected, inspired, open, and willing to just be aware without figuring things out? This is the same feeling that is received when you allow yourself to be consistently lifted with pleasant and joyful thoughts. This is what intuition does. When you have cleared out many of the lower vibratory levels you are now tuning into your vision and your direct connection with your own inspired source of inspiration, your intuition. The ideas will simply flow, and the pictures and words will be seen, heard, and downloaded.

And if...we still feel stuck and disconnected? Again, this IS the very opportunity to use the breath and breathe through the obstacles you are sensing. Remember, obstacles are not seen as products of failed thinking. They are opportunity. When we are taught to think and carefully plan out life our minds tend to take over. This rarely leaves room for inspiration to breeze in and miraculously lead us to answers.

Too much mental thinking can be associated with contraction and limitation. It is helpful in certain scenarios but not when we are expecting the miraculous. Inspiration raises joy! It lives without the mind.

Today would be a wonderful day to walk or move in nature. Movement allows energy to flow thus allowing for the movement necessary to free up energetic limitations that can gather in our energy fields through an overload of mental thinking. Movement combined with nature opens our vision and our connection with Source. Whatever you choose to do, allow yourself to move in some form while resolving and releasing.

We are moving in nature either through a brisk walk, a yoga practice, or some form of connection. We are asking for the limitations to rise up that have congested our ability to fully connect with our intuitive self. Why? Because as we ask, we shall receive. This is important for us. We have become well versed in the practice of breathing through issues.... NOW we are pointedly intending to bring in our own resolving to our movement practice of choice. Intention setting in this way is very powerful.

Is there anything less than our highest potential that seems to be lingering within or around us? Allow yourself to remain open to receiving the images, memories, or phrases or words that have triggered a limitation. They will come. Trust yourself.

When they do, breathe into them, and allow the energy to come through you to transform, resolve, reset, and transcend the energy.

We can do this through movement. It is a perfect compliment.

Any number of beliefs can surround our perception and connection...

"I have to understand everything."

"I can't make a decision."

"It's not safe to just do things, I have to know the potential outcomes of everything."

"Is this real?"

"It doesn't feel safe or right."

"I have to figure this out on my own."

"I can't see."

"Where's the scientific proof?"

"They are going to think I'm crazy."

"It's dark and there is no way out."

“I can’t trust this.”

Some of the phrases may or may not make sense. We simply need to acknowledge the possibility that this is happening. That’s it!

Now let’s get started... you know what to do...

Like before, feel where they are in the body. Breathe into them. Surround them with love. Place your hands over these areas. Imagine beautiful pinks, greens, golds, and silvery shimmery light embracing the entire area. Just love yourself. Thank the sensations for being there. Tell it, it has served you well. Express gratitude and allow it to be freed.

Imagine it dissolving and releasing like little pixie fairy dust going back to that from which it came but now it has dissolved into our loving light filled energy that no longer holds the resistive lower frequency energy. It has been transformed and released as golden light vibrating and lifting high up into the universe.

Feel it, breath it in and sense it and know this is true. It has happened. You just resolved and released with your Creator... your light of the universe, God or the god of your understanding and resolved and released it back to be used and transformed in other ways.

Feel it, breath it in and sense and know this is true. It has happened. Then acknowledge the shift has happened by orchestrating **Rainbow Yes Ritual!** Say “Yes!” to your higher self for healing...

Clap once over your left shoulder & say “yes”... (see golden sparkles from your hands as you clap) then clap once over your right shoulder & say “yes” (sparkle!) ... then clap 3 times up the middle (see those sparkles) from heart level, say “yes”, to third eye level & say “yes”, to the crown level and say “yes” (sparkle, sparkle, sparkle). Do it again... Clap Left & sparkle – “Yes!”, clap right & sparkle – “Yes!”, clap at the heart level and sparkle – “Yes!”, third eye sparkle – “Yes!”, and crown sparkle – “Yes!”. Do it a third time... clap left “Yes!”, clap right “Yes”, clap heart “Yes”, third eye “Yes”, and then crown “Yes”.... Then raise your arms high and paint a golden sparkly rainbow with both arms down the side of your body as if you are stroking your aura and all the limitations have been transformed, transcended and your wish has come true. Then breathe... put your hands at heart center...right over left...and breathe in gratitude and announce “Thank you” to the universe. Take a moment to do this.

Energy does not stop, it merely transforms... you are helping everything within you that has been stored inside of you that has manifested as physical issues and perceived problems to be filled with light and released as you merely see it for what it is... an illusion. See it, address it, comfort it, love it up, and resolve and release it with Creator. You are that amazing and full of high vibrational light as an intuitive. You are!!!!!!

Allow yourself to do this during your practice AND all day through your daily activities. Ideas, images, and things will possibly ‘pop in’ without any notice. Just breathe and resolve and release. Remember to allow yourself to take notes at any time throughout your day. This gives your body extra acknowledgement that you are NOT making this up.

This will make a real difference in your life.
We have one more day of integration.

Today's Mantra:

I am inspired by Source and I perceive with clear intuition.

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