

Opening to the Mystery



What is the Mystery?

Mystery: Something that is difficult or impossible to explain

1. Can the mystery be experienced?
2. Can the mystery be knowable?
3. How would it benefit you to open up to the mystery - the unseen and unknown reality?

Shifting from Five Sense Reality to Multidimensional Reality

Awakening our spiritual senses, abilities, gifts, and perception is a gradual process of attunement, discernment and responsible creatorship.

As our expanded abilities awaken and our perceptions begin to shift we engage in ongoing clearing of the old energies of false beliefs/perceptions/conditioning/fears about who we are and how we live in the world.

To live from the multidimensional reality means we maintain awareness of our Self beyond the 5 sense reality and at the same time walk this earth reality being in the world but not of it.

This awareness can not be explained but can be experienced and knowable.

It's a mystery.

Approaches to experiencing and knowing the mystery

Journaling

Curiosity (asking questions)

Spiritual heart meditation

Light meditation activating the third eye

Meditation crown chakra and contacting soul

Dream Assignments

Mocking up with imagination

Soul traveling

Creative expression

Other

Metamorphosis



Opening to the Mystery Guidelines...

1. Discernment

When you are challenged either inside yourself or from the world ask yourself: What would my True Self do or say about this?

Use discernment to avoid unnecessary energy drains, distractions, illusions and excuses.

2. Be self-responsible

Before you judge others or a situation own the upset and be self-responsible. Open your heart and ask yourself: How can I take care of myself in this situation so I can see clearly and make good choices?

3. Be self-Disciplined

Do those practices that you know will support you and be consistent. Your practices do not need to many – pick one or two that you will do consistently and then stay aware of how your discipline is supporting you.

Opening to the Mystery Guidelines cont

4. Focus on your calling – focus on what you love – focus on your blessing.

Stay away of from energy drains: negative people or situations; self-negativity; fear; worry; anxiety; againstness. Instead, focus on your triangle of manifestation; your declarations; anything from this course or another source that keeps you inspired and keeps your heart open.

5. Honor and respect yourself; honor and respect others.

Ask for your actions and choices to serve the highest good of all concerned. and keep the Light around you.

3 Intentions for 2021

Choose 3 areas of your life where you want to experience more of your calling, your blessings - an area of your life that you want to uplevel; open more to the mystery and live a multidimensional life.

List your 3 areas

1.

2.

3.

In each area what approach will be apply to open to the mystery? Next Steps?

Triangle of manifestation - Opening to the Mystery

