



Opening Higher Sense Perception Practice

Instructions for breakout room practice:

The purpose of this practice is to shift your consciousness so you are able to access your unlimited Avatar self and trustingly communicate from that place. You are supported in this by tapping into our group Light Body as well as your own Radiance.

Step One – Choose Sequence: Choose which partner will act as healer first, other acts as client.

Step Two – Healer Attunement: Healer goes through silent 30 second attunement: Purity Blast, light body activation, setting intention, calling in your spirit guide team. Sense when your team “clicks in” to your awareness.

Step Three – Client Attunement: Healer leads both through Foundational Practices – Purity Blast, calling your energy in, grounding, loving presence.

Step Four – Client Request: Healer asks client for a question she has that she is not yet clear about and could use higher guidance with. This should not be only a yes or no question, more something that requires additional insights to see the way clearly.

Step Five – Test Client’s Chakras: After listening carefully to client’s question, healer tests clients’ chakras and notates readings.

Step Six – Tap in and Flow Reading: Healer then asks for a few minutes of silence to drop in and hear an answer from Higher Guidance. Silently ask for a clear, useful answer that will serve the client. Then do this special breath and visualization practice to help tap in:

1. Breathe in deeply to a slow count of four, focusing on your physical body.
2. Hold your breath to the slow count of 15 while visualizing a field of bright white-golden light about 3 feet above above your head (the healer’s head).. The field can be 3 – 8 feet wide.
3. Healer breathes out to the slow count of 8 while imagining himself moving up into that light field above his head. Imagine that you are rising up so your head and shoulders move into the light field and are immersed in it during that exhale to the count of 8.
4. After that count of 8 drop your attention back onto your physical body and start the cycle again, breathing into count of 4 while focusing on your own body, holding breath for count of 15 while visualizing the light field above the head, and then moving up into it on the count of 8. Do not leave any space in between each cycle of those 3 steps.
5. Repeat for 6 cycles of 4 – 15 – 8 while following the instructions above. Trust that it is happening even if you are not clearly visualizing it.

As soon as you finish the 6 cycles open your eyes and trustingly start flowing an answer to the client’s question. Trust whatever comes while staying tuned into your body awareness and feelings.

Client should take a few notes from the channeling, of points of interest.

Debrief – client tells healer what she or he received, and what value was received.

Then healer should test client’s chakras again, and notate any differences.

Switch partners and repeat exercise