



## Bonus Session

### Vairagya – Higher Sense Perception

The Quantum Field is pure, unlimited potential. That's also a good description of the Quantum Mastercourse you are part of. There is no limit to the amazing benefits you can receive in the expansion of your healing abilities, your personal healing, your spiritual activation or development of your business.

The factor that determines the value you receive and embody in all those areas is your Vairagya. That is a powerful inner commitment that arises as you realize how transitory and ultimately unfulfilling your outer life is – unless you are intimately connected with your spiritual source.

Vairagya is also what will motivate you to do your sitting meditation. It is also what will motivate your moment to moment choice to be conscious, in the present moment rather than driven by your habitual patterns of thought.

In this Bonus module we will explore the depth of our Vairagya, and how you can get more in touch with it. We will also “dive into the deep end of the swimming pool” in claiming your Higher Sense Perception on Day One of the Mastercourse.

#### Breakout Room Instructions for developing Higher Sense Perception:

1. Choose one person to be reader and the other to be client. You will switch roles halfway through the practice time.
2. **Reader:** lead client through foundational practices: Purity Blast, calling energy back into your body, Master hookup with tongue with deep abdominal breathing, grounding and Loving Presence.
3. **Reader:** Silently create your intention to tap into the Quantum Field. Example:  
*“It is my intention to be a clear channel and catalyst of unlimited Quantum Healing in love and service.*  
Make up your own!
4. **Reader and Client invocation:** Call upon your Healing Team. Example: *“I call up on my Divine Self - Christ Consciousness to bring through clear, accurate messages for my client/me.”*
5. **Client:** Based on what you wrote in your notebook today about your main core issue or area of energy contraction, ask your reader for guidance on what is required for you to heal and resolve it during the Mastercourse.

6. **Reader:** Do a couple of minutes of Radiance Breath before speaking. Imagine a large ball of bright golden or white light above your head. See it while you breathe in to the slow count of 4. Then exhale to the slow count of 11 while visualizing the ball of light moving down into the top of your head and back of your heart at the same time.

Then move your attention back to the ball above your head and repeat 3 – 4 cycles.

Open your heart to loving and serving the client. Be willing to be a vessel for the Divine. Relax and trust whatever comes! Don't think about it or try. Just allow.

Then ask your Higher Self to speak an intuitive message to your client in answer to their question.

7. **Client:** After receiving your reading give some feedback to Reader about how you received the message. Did it resonate with you, was it helpful? Or if you felt it was overly mental or analytical tell your Reader that kindly and offer any suggestions for improvement.

After completing this reading and feedback, reverse roles and go through the steps again.