



Week 11 tasks

PARALLEL LIVES. DECISION MAKING THE SHAMANIC WAY

Every option to every choice created a life.

Your world is like a movie theatre, there are many movies showing at the one time.

Parallel Universes are occurring or existing at the same time. All these Universes become a Multiverse and it all exists within you. That means you have powerful tools for decision making at hand.

Déjà vu is a feeling of having already experienced the present situation.

Curious question

Had you already made that decision and chosen that experience?

You have the ability to receive advice from yourself living in an alternate reality. This will help you to understand that you are actually choosing your own reality.

Three reasons you can ask this alternate self for advice ~

1. Decision making – Speaking with the self that chose to and the self that chose not to.
2. Putting regret to rest – Wondering “I wonder what my life would be like if I had....” Speaking to the self that did make that decision or took that opportunity.
3. Future support to motivate – Speaking with your future successful self.

Do the cutting of the cords process every morning and evening.

Hand on heart breathing before answering the questions. I AM AT ONE.

Curious questions

What do I feel about the idea of parallel Universes – Multiverse?

Am I open to this?

What am I afraid of with this concept?

What am I excited by with this concept?

Am I willing to trust this unseen aspect of reality? If not, what is holding me back?

Power questions.

A power question invokes a response.

Can I receive answers from myself in a parallel Universe?

Will I trust myself in this experience?

Do I currently trust myself in this reality?

Am I willing to do this process with an open mind?

Take your time with each task to gain the most benefit and insight.

SEEKING GUIDANCE FROM AN ALTERNATE SELF

Decision making ~

Prepare yourself and your energy the way you do for a meditation. Feel yourself within the Universe and walk down 50 stairs, counting backwards. There is a door to a room where there a chair for you to sit down, with a chair in front of you to the left and another to the right.

Ask the self that actioned the decision to sit at your left and the self that decided not to on your right. Ask a question e.g. “are you happy with your decision?” to one and then the other. The response will come via thoughts, feelings, and or images. Trust the experience. You can keep asking questions until you have a clear insight. Thank them and leave the room, count from one to fifty as you walk back up the stairs and bringing your awareness back into the room. ***Write down your experience.***

I have provided a short, guided meditation for the future self-aspect.

Remember ~

Ask each day as you read the rules of the game. Am I living each rule?

Complete your weekly landscape creation on Sunday.