**MODULE 6 – PERCEPTION & POWER**

Welcome everyone to Mod 6 on perception & power.

QUOTE (slide)

“When one sees, the world of everyday life changes dramatically. Instead of appearing to be stable and permanent, one sees that it is in reality a fleeting world in which everything fluctuates and changes constantly. No two moments are ever identical.”

~The’un Mares

Being able to perceive the world in which we walk, as a dynamic, fluid, magical space that we are constantly interacting with, opens up our awareness to far more than we ever imagined.

When there is no internal dialog, then we can ***SEE****, or begin to perceive the world around us in all the many layers it really contains*. The Sovereign warrior is able to work with these fluctuations, to navigate them, to create mutually beneficial outcomes in those fleeting moments.

QUOTE (slide)

“Seeing only takes place in the absence of Internal Dialogue.”

~The’un Mares

To move into seeing and expanding our perceptions, we need to master “stopping the world” or internal dialog and release the past by changing our relationship with it.

Let’s review…

**RELEASING THE PAST PROCESS** (slide)

We use the “release the past” process on any story or triggering experience. The Sovereign Woman is not bound by the personal or collective story. We can change our relationship with our past, as it exists right now, but also any story that is currently going on in our lives.

To release the past, make a list of top three themes or traumatic experiences that bother you about your past and set that list aside. It’s important to write this down and get it out of your mental space and dialog. Then, write your basic life story down. Take this story with you into nature, somewhere you will be alone and undisturbed. Tell your story out loud to a tree, rock or stream or other aspect of nature. Let it all out. Like you are talking to another person. This process uses the power of sound to release the energy of your story from your energetic field.

When you get done, do a fire ceremony and burn your story completely. Hold in mind and heart your intention to release your story once and for all. Using your breath, blow your intention into the written copy three times. Using the power of your intention (ether), your breath (air), which is also the breath of life, you will blow this energy right into that paper. Fire is the element of transformation we are going to use to kill your story, while keeping the transformative power of it.

Get out your list of top three traumas that bother you and ask these questions, to navigate the unknown around these questions….

1. When you consider your life at the time, did you do the best you could? *If you get a no answer, please get in touch with me.*
2. Consider that your best will naturally get better with experience.
3. If you can’t accept the truth that you did your best, then ask this - will you do better next time? Did you already do better next time? Accept this.
4. What did you learn from this experience? Make a list of what you learned.
5. Are you committed to applying all that you’ve learned from this experience?
6. Is there anyone you need to make amends to regarding this experience in your life?
7. If yes, then ask if it’s appropriate to do so, or will this bring more harm than good?
8. If it is appropriate, then make amends with the others involved.

When we ask questions about a challenge or problem, we are essentially NAVIGATING THE UNKNOWN. This is a powerful process of spiritual growth. We are honoring life without preconceived bias or constraints. If there is still an emotional charge surrounding the things that bother you about your past, there is a good likelihood you have more to learn from them.

Navigating the unknown is understanding that our perceptions and knowledge are limited to our individual experiences and level of awareness at the time we experience something. We are all doing the best we can with what we understand at this moment.

The ego part of us tends to think that we know the answer. That closes down our perception. The process of navigating the unknown is another way of saying to ourselves, “I don’t know.” The only thing I know is that I don’t know. Questions are a great way to open the door to insights and awareness we haven’t yet accessed.

Asking questions is a powerful way to probe the unknown to gain new knowledge. We want to navigate the unknown and make sure we’ve learned all we can learn from it.

It’s important to make a commitment to yourself.

“I commit to learning my entire life from all my experiences and acting upon that knowledge to the best of my ability every day.”

Finally, go out and pick up a stone, hold each experience in mind and blow it into the stone and then leave it in nature somewhere and let Pachamama remove the HUCHA from your energy field through this earth process.

As Toltecs and Sovereign Beings, we use the natural elements to transform things, because that’s what they can do for us.

Does anyone have any questions about this before we move on?

CHECK IN (slide)

How has it been going on the work to release the past?

What’s going on in your life right now and how can we support you?

QUOTE (slide)

“Perception is synonymous with Power!”

~Toltec aphorism

How is perception synonymous with power? The answer is not easily explained but it has to do with the light of divine mind and the power of INTENT that comes from your dreamer, your real identity. We will be getting into this very important aphorism in this program.

STREAM OF TIME AND PERCEPTION (slide)

To review, let’s look at the TIME diagram. We have the PAST, represented by the solid tube. Your past has already happened. It’s diameter and expression is confined. Where the tube stops and the threads come out is the PRESENT moment. The red dotted lines are where the majority of people’s futures take place. People move forward in the direction they are currently moving based on momentum. This is why we work with PATTERNS so we can shift and expand these dotted lines. Without addressing our PATTERNS and our PAST, It is very difficult to SHIFT our stream of time possibilities and create a new reality.

The two dotted red lines confine 98% of people but this is not going to be the case for you. The reason this won’t the case for you is because you’ve learned how to stop your internal dialog and you are going to completely change your relationship with your past.

With the very first Toltec aphorism we learned, STOPPING THE DIALOG, which allows the sovereign being to envision or SEE, and thus navigate these threads of possibility.

I drew a red line across the past. This is where we are going to cross section your past and talk about PERCEPTION and how you can begin to understand what is meant with perception being synonymous with power.

DIAMETER OF PERCEPTION(slide)

In this cross section of the past, you have a circle of time. This is a shared past moment of these two people. The diameter around each person is their circle of awareness, the circle of their perception in that moment.

Remember, **that perception is synonymous with power**. This means that the more open and fluid that you can be with your perception (awareness), the more energy and power you can absorb into that moment. When perception or awareness is very narrow, due to old programs, beliefs, stories, worries, fears, etc, there is simply less vital energy available in that present moment space.

The most powerful way to expand your perception and absorb more power is to STOP THE WORLD or the internal dialoging of the mind.

Power, energy, and/or awareness come down from a person’s higher Self, in several forms: divine mind, the power of intent, and the power of heart (all very closely aligned).

The woman pictured is absorbing this other’s perception and he is absorbing hers. We are all absorbing each other’s perception of Life. Perception of Life is formed individually and shared with others. We are very sensitive to everyone’s perceptions as we are projecting and receiving simultaneously. This is why we have altercations, stress, confrontations, etc, because we are absorbing or seeking to absorb energy via each other in some fashion.

Because we are group conscious. We naturally want others to absorb the power and light that comes through us.

This is why changing your relationship to the past is so important.

In this moment of time, this woman and this man are having a conversation where they break up. Due to this being a delicate conversation, both pulled energy in very tightly. Which means that they are not really perceiving all that they could perceive about the moment.

When we draw in our vital energy, we are shrinking our perception, like trying to view the world through a microscope versus seeing the world through a telescope. We are so engaged in our position or perception we close the aperture on our perception, to make it very tiny, very contained and controlled. WE can’t see all the light that is there. And thus, we miss out on the power potential available to us in that moment. There is always power to expand perception. But….most of the time, we waste it or simply do not stop the dialog long enough to experience it.

Another way to look at it as a traumatic experience as it’s taking place. Because it is painful, and traumatic, both close down their awareness to defend their own identity or perception. “He did this to me” or, “She did this to me.” Both step into victim mode.

What happens is that when we go back and change our relationship to the past, to that moment, and see it with new perception and awareness, we change that moment in time for us, and even others involved. This process is sometimes called “recapitulation.” We travel back and open that moment to a new level of awareness and perception that just wasn’t available to us at the time. We can now see more, learn, grow. Find empathy and compassion for one or both people involved. He may have learned is that he could behaved better in relationship. Maybe she learned not to give away her power in exchange for acceptance.

When we change our relationship and understanding of the past, we open it up and reclaim the energy and power we left behind.

PERCEPTION & POWER (slide)

The most powerful way to expand your perception and absorb more power is to STOP THE WORLD! Stop the internal dialog and listen. Ask questions. Wait.

1. Perception = Power. As Sovereigns, we do not want to limit our power. We want to claim as much of it as we can.

Often when you have limited perception, you can find yourself in the victim role. You give away your power. OR you could be taking things personally. Making assumptions about others or a situation at hand. You might be dragged into others stuff. Easily triggered. There could be a lot of negative internal dialog. Anything that narrows your field of perception is limiting the power available to you.

1. The diameter of your perception dictates how much energy and power you absorb. Often perception is narrowed to the limited scope of the ego or pain bodies as Eckart Tolle famously wrote about in his book a New Earth.
2. When we change our relationship or perception of the past, and no longer identify with the story, we can absorb all the power we lost at that time. In other words, we are opening up that moment to enlarge the diameter of perception and thus energy available to us now. The diameter of perception can open up throughout our lives. That diameter is directly correlated to how much power you can absorb in a moment. You can put a lot more water through a pipe that is huge than a little straw.

In the previous slide, she’s in victim mode. He’s in a mode of lashing out because he has hurt feelings. Their perception is super narrow. But when he goes back to that moment, and changes his relationship to his past and works with the three things that bothers him, he can suddenly say, “you know what? I was a jerk. I didn’t know how to treat her right. I didn’t know how to not take things personally.” He realizes everything he’s learned and takes it back to that moment and expands his perception in that moment and then expands this PAST time and therefore ABSORBS all the power of perception he did not receive at that time. This gives him an opportunity to claim that power now and move forward with greater clarity, understanding, and freedom.

This work can give people a new burst of energy in the present moment and it opens up the FUTURE time line, reclaiming the power that was lost in the past due to limited perception….

1. Stopping the dialog instantly expands your perception, allowing you to increase your power potential no matter what is going on. Internal dialog naturally condenses and confines your perception due to the way the mind must navigate itself rather than open to what it doesn’t yet know. You become an open channel for the power of life and you are channeling it to everyone else around you and receiving it back. Like a magnifier or energetic bull horn, you have much more frequency available within your life.

We can create all kinds of traumatic stories that narrow our diameter of perception. Changing our relationship to those stories, old or new, allows us to absorb the full power of the perception and experiences during that time and also it reorganizes all the threads of the future.

To move into a consciously created future, we must understand how the past harbors so much power and how we can reclaim that now.

HOME PLAY (slide)

* Continue to play with moving your awareness between your solar plexus and heart center
* Remember to Stop the World, or the inner dialog as often as you can. Test out stopping it as you go about your daily life.
* Take note of how your perception expands when you stop the internal dialog.
* Finish the releasing your story and themes.
* Be gentle with yourself. You deserve it.
* Stay in touch, with your SELF, the group and me so that you stay on track!