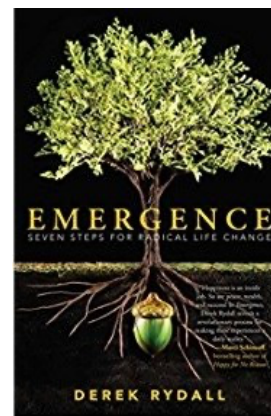


SUMMER SCHOOL 2023 EMERGENCE

WEEK THREE CULTIVATING CONGRUENT CONDITIONS



KEY IDEAS from Week One

At the soul level, if you achieve something in the world but don't evolve spiritually, you've achieved nothing. (p.35)

If you want to fully activate the Law of Emergence and become the master of your life, you must accept that what's outside is a reflection of what's inside. (p.31)

The world is our mirror. As within so without.

"Life doesn't happen to you; it happens through you... Our entire planetary condition is a reflection of the ecology of human consciousness. That's why we'll never live in harmony with nature or each other until we live in harmony within ourselves." (p.32)

There are three steps to congruent behavior: feeling, being, doing.

"Your vision is made up of three primary pillars: how you would feel, who you would be, and what you would do if you were living it fully? This is an important distinction because most people focus on the doing, less on the feeling, and rarely on the being." (p.35)

"When we don't experience a symphony of success, it's because we're not tuned in to it within." (p.34)

Become an energetic match to your highest idea of yourself. (p.29)



Homework

1. Your vision is made up of three primary pillars: how you would feel, who you would be and what would you do if you were living it fully. If you don't have a clear picture of your vision yet, focus on what you want to emerge right now.
 - a. Pillar One: Identify how it *feels* (or might feel) to live the vision that is emerging from within you. Write these feelings down.
 - b. Pillar Two: Return to the vision state and ask, "If I were living this vision fully, who would I be? How would I walk, talk and engage others?" Close your eyes and feel into this. For example, would you be more patient in difficult conversations? More generous? Write down these qualities of being.
 - c. Make a list of specific action steps that can move you into the feeling quality of those things you have listed above. For example: if you listed "feeling creative," what specifically can you do to help you to experience that feeling; for example, take a drawing class. If you listed, "feeling authentic," what specifically can you do to help you experience that feeling? Make a list.
2. This week engage in practices that raise you to a vibrational match with your vision. By participating in the spiritual good that is already here you can move from regret over the past, resistance to current conditions, or anticipation or fear of the future. We are already whole, complete and abundant, but we have to cultivate the conditions congruent with that truth in order to experience it. What's one action step from the list above that you will do to begin cultivating congruent conditions for your highest vision to begin to emerge?
3. Practice Mystic Moments to LIFT your Vision (Living In the Feeling Tone of your Vision) (p.44-46)
Examples:
 - Before you get out of bed, take a minute to connect with your breath.
 - When you shower or bathe, affirm that mental-emotional debris is washing away as well.
 - Whenever you are at a stop light take the time to connect with your breath.
 - Before you start work, give thanks for your job and bless all who are a part of your work.