**SUMMER SCHOOL 2023 EMERGENCE**

**WEEK THREE**

 **STAGE FOUR: GIVE WHAT APPEARS MISSING**

 **STAGE FIVE: ACT AS IF YOU’RE IT**



**KEY IDEAS from Stage Four**

**GIVE WHAT APPEARS MISSING**

**You are the answer you’ve been seeking. p 76.**

**“Whatever’s missing is what you’re not giving...** (p.77)

**Giving is receiving, not getting.**

“Receiving is not the same as “getting” however. When you’re trying to get something, you’re often forcing, pushing, and coming from a place of fear, lack, or limitation. But when you allow yourself to receive what’s coming to you ... it’s a gracious act of allowing that requires no effort.” (p.80)

**Do onto others as you would have done to you.**

“The more we’re willing to help others achieve what we want, treat others how we want to be treated, and support others in the way we want support—not giving to get but expressing, from a consciousness of having, what is needed in the world—the more we activate and expand those qualities within ourselves. These qualities then radiate into our environment and become the people, places, and opportunities that form the next phase of our evolution.” (p.86)

****

**IDEAS from Stage Five**

**ACT AS IF YOU’RE IT**

**Problems aren’t solved. They dissolve as you evolve.**  (p.112)

Sometimes beliefs can become a comfort zone that keeps us from facing our deeper perceptions and taking the difficult actions that would transform us. (p.109)

**Action is belief in work clothes.**

“Your deepest desires are clues of what’s already in you, trying to come out. As you take action from this place of ‘already being the thing,’ your actions are not trying to achieve it; rather they’re an expression of alignment *with* it, an affirmation of your true nature. From that place, there’s no more resistance, no more negation, and you become an opening through which the next stage of your greater Self becomes visible in your experience. (p.101)

**It’s the mystical version of “fake it till you make it.”**

“... we’re always, in a sense, rehearsing for *something*, whether consciously or unconsciously. It’s up to us to rehearse the highest and purest version of our Self. You are the light of the world, a unique expression of infinite love and power; when you act like anything less than that, you’re pretending to be something you’re not!” (p.108)

**HOMEWORK**

**ACTIVITIES & QUESTIONS FOR REFLECTION**

**Homework Stage Four**

1. Identify some area in your life where you feel stuck. For example: a romantic partner you want respect from or boss that hasn’t given you the approval you desire.
2. What qualities would you need to embody to feel free and fulfilled in this situation even if the external conditions don’t change?
3. What does this situation/thing I want/need/lack represent to me? This helps us to clue into the deeper meaning of what appears to be missing. Using the examples above; what does respect or approval mean to you? Perhaps feeling worthy or valued.
4. See if you can feel what appears to be missing. Again, using these examples: what would feeling worthy or valued feel like? Even if you just catch a glimmer, you have demonstrated the key to your freedom, which is to experience the quality without anyone or anything outside of you having anything to do with it.
5. Embody that quality - act as if, experience it, anchor it. It might feel foreign to you at first, but over time it will integrate into a new vibratory set point in your consciousness.

**Homework Stage Five**

1. Rydall explains that letting our feelings determine our actions is “a cognitive distortion that makes us believe that what we feel is true just because we feel it. Then the feelings are used to rationalize why we don’t act.
Think of one area in your life where you are most convinced you are stuck and hear yourself saying, “I can’t.” Then change it to “I won’t” and ask why. Journal your results. Though possibly painful, this will be your next step toward awakening and freedom.

Example: “I can’t start this business” becomes “I won’t start this business because... I’m afraid of failing... I don’t have enough money... I’m afraid people will judge me...”

1. Think about the situation above, and journal what you can do. If you keep listening, you will tune into an inner wisdom where the answers are always broadcasting with new energy and ideas to support your emergence.
2. Act as if you’re it. Act without concern for the results. Act from who your vision is revealing you to be. Take a chance. You have nothing to lose except a life of mediocrity.(p.124)