

MODULE 1

Fitters

VIDEO SUMMARY



Video 2: Filters

- ▶ We're not looking at this as an intense exercise, more introducing a concept that will thread through the entire course.
- ▶ What do we need to do? Keep our filters clear 24hrs at a time. We want to be sure of what we're looking through, not just what we're looking at. Why? Dominant energy is not just our own (see PDF).
- ▶ When we are in a contracted state we are inviting the outer world to reflect back to us that frequency.
- ▶ Take a daily inventory so that we're not taking yesterday's stories and adding them to today's stories, otherwise our filter is going to be dirty.
- ▶ We're being asked to be self-centered and self-forgiving at the same time. We have to look at ourselves, determine what it is that's motivating us to be a certain way in the world, and to recognize that our dominant energy has an impact on the outer world. On the other hand we're being asked to be neutral, observant and detached. It's a very delicate dance and this week just start pondering.
- ▶ Goal over the next year is to get you to be in an expansive state most of the time, rather than contracted one.
- ▶ Ask yourself where your energy has been contracted and is it still? Where is it expansive and if you can't immediately identify this, can you remember a time when you were feeling expansive? We want to practice remembering this every day.
- ▶ How do we recognize expansion versus contraction? Fear, anger, resentment, scarcity, jealousy, being unclear, apathy, attached are some of the words to describe what it would be like if we're in a contracted state. Love, compassion, acceptance, surrender, observer, witness are examples of being in an expansive state and is what we're striving for.

▶ Whenever we're in a state of contraction in a 24-hr period we're sending out a 'negative prayer'.

▶ We always have to pay attention to our dominant energy because as energetic beings we're always sending out or offering up, a prayer.

2-card reading:



Q. How do we keep our filters clear? What would be the right action for us?

- ◆ Card One: 'Clean It Up'. Reminding us that we have to assess where we're at on any given day and clean up the stuff we're carrying from the day before.
- ◆ Card Two: 'The Fates'. There are certain things you have no control over but do have the ability to respond, rather than react to. It's about our reactions to life on life's terms.

▶ These 2 cards remind us that we can't control outcomes but we can set intentions in motion. We can sit in the chair of observation and see the world as it is, not as we want it to be, as the form that Spirit chooses for us. It's also about non-attachment.