







THE FIRST TRINITY

Activating THE FIELD

THE FIELD INTENTION
CREATION

Science and metaphysics both tell us that The Field is completely full of unmanifest potential. If nothing is truly "missing" from your life, but is instead just waiting in the Field, how does that change how you approach a current lack or limitation?

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the Power of **CHOICE**

HOW

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Activating INTENTION

THE FIELD INTENTION
CREATION

What is the difference between an intention fueled by the human ego (trying to force an outcome) and an intention fueled by your Higher Self?
How do they feel different in your body?

ESSENCE INTENTION

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Experiencing CREATION

THE FIELD INTENTION CREATION

How does it shift your perspective to view your current challenges not as blocks, but as energy in "The Field" waiting for your "Intention" to shape it?

Why is it so difficult for us as humans to celebrate the creation before it shows up in physical form?

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Spiritual Adventure:
Making Friends With the First Trinity

PLAY time

This practice invites you to "play" with the intersection of neuroscience and The First Trinity over the next seven days.
 The Goal: Prove to your brain that Intention instantly activates The Field and alters your physical perception.

- 1 Set a Playful Target (The Intention)**
 Every morning, choose something highly specific, completely random, and emotionally neutral to see throughout the day. Examples: a yellow feather; a classic Volkswagen Beetle; a blue butterfly; the number 444 ...
- 2 Drop It into the Field**
 Close your eyes for 10 seconds, drop that image into your awareness, and tell your brain: "This exists in The Field, and my filter is now open to it."
- 3 Playfully Observe**
 Go about your day in your normal "skin-school" routine. Don't strain or hunt for it frantically. Just remain loosely aware.
- 4 Celebrate the "Hit"**
 When it shows up—whether on a billboard, in an email, as a physical object, or on a passing t-shirt—pause and celebrate it! Say to yourself: "My intention just commanded The Field, and my brain filtered it in."

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