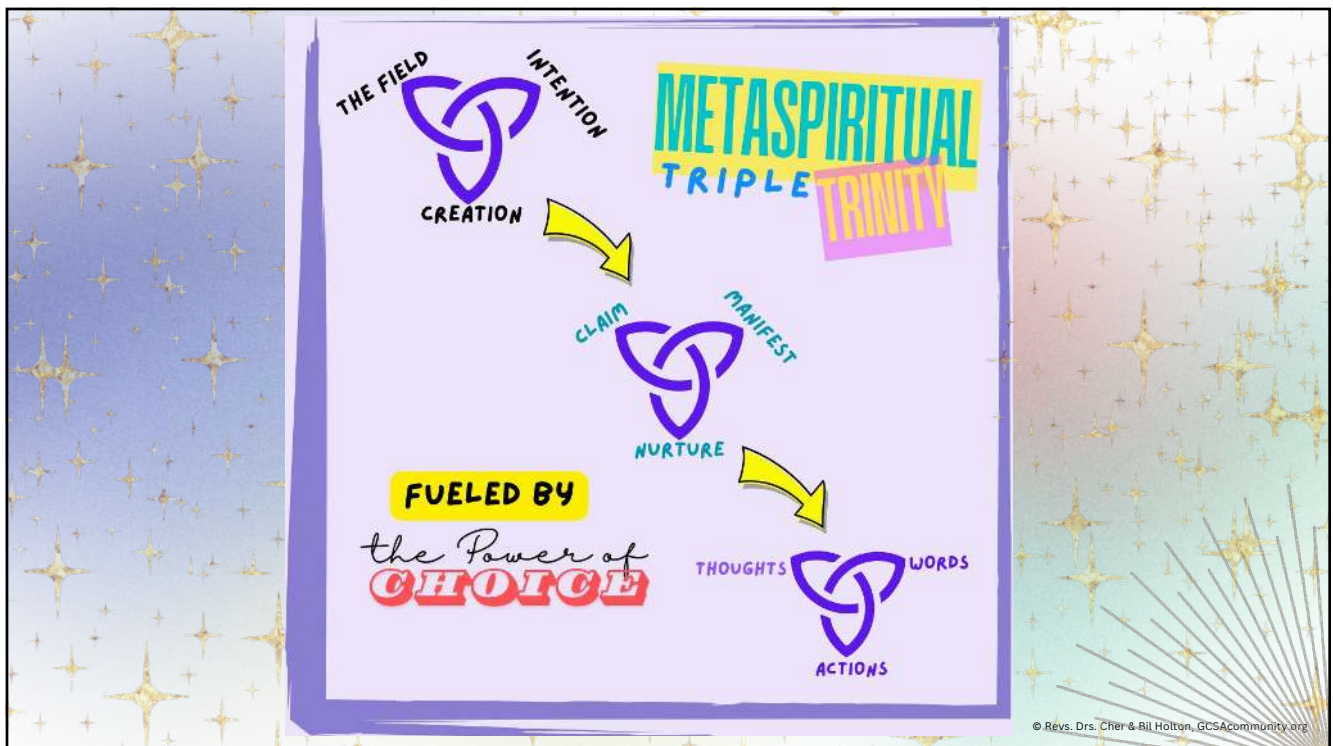




1



2

Spiritual Adventure: Making Friends With the First Trinity

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.

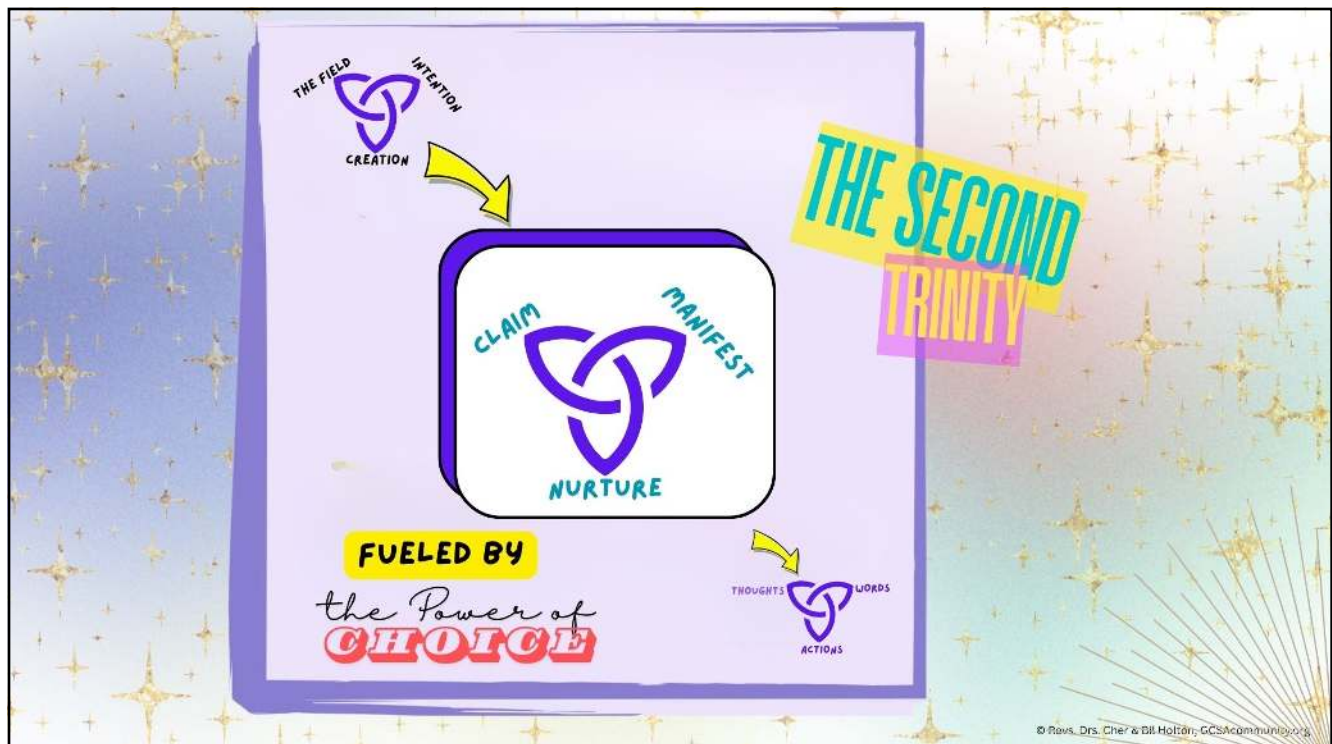
4

Celebrate the "Hit"

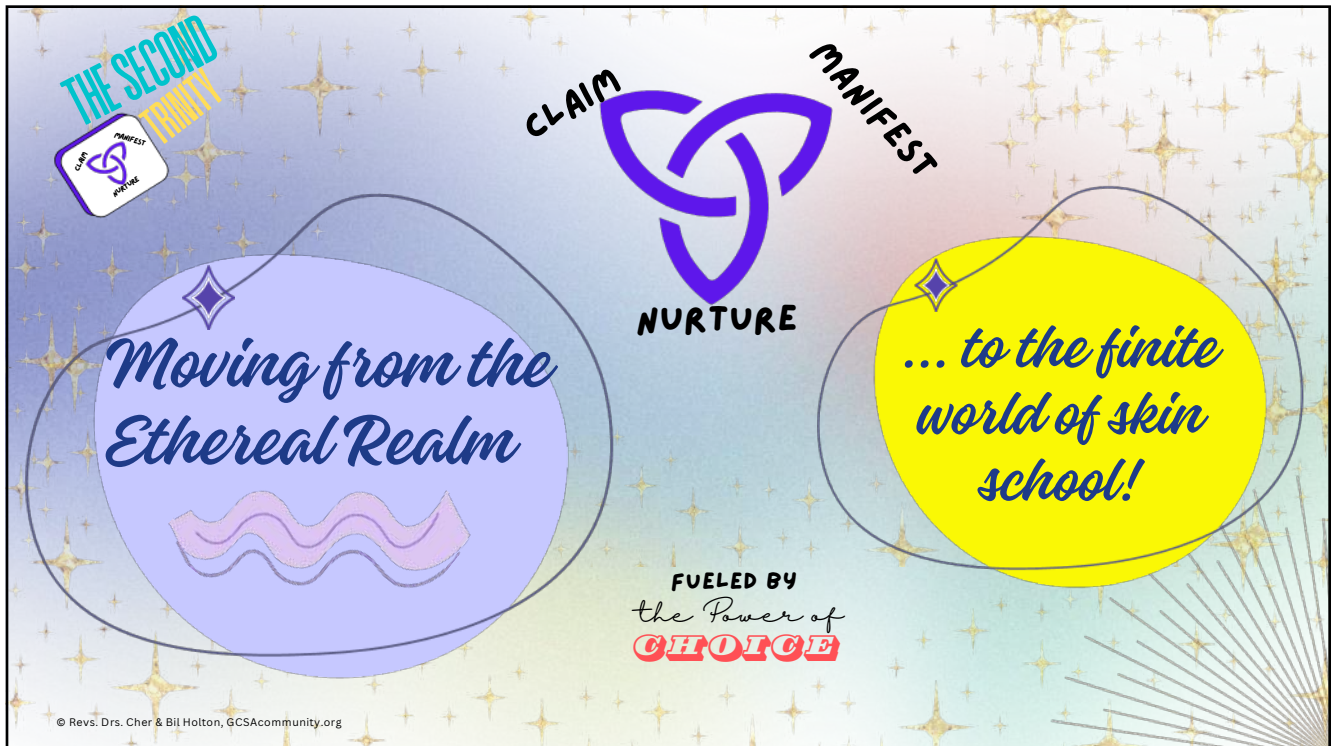
When it shows up—whether on a billboard, in an email, as a physical object, or on a passing t-shirt—pause and celebrate it! Say to yourself: "My intention just commanded The Field, and my brain filtered it in."

© Revs. Drs. Cher & Bill Holton, GCSAcommunity.org

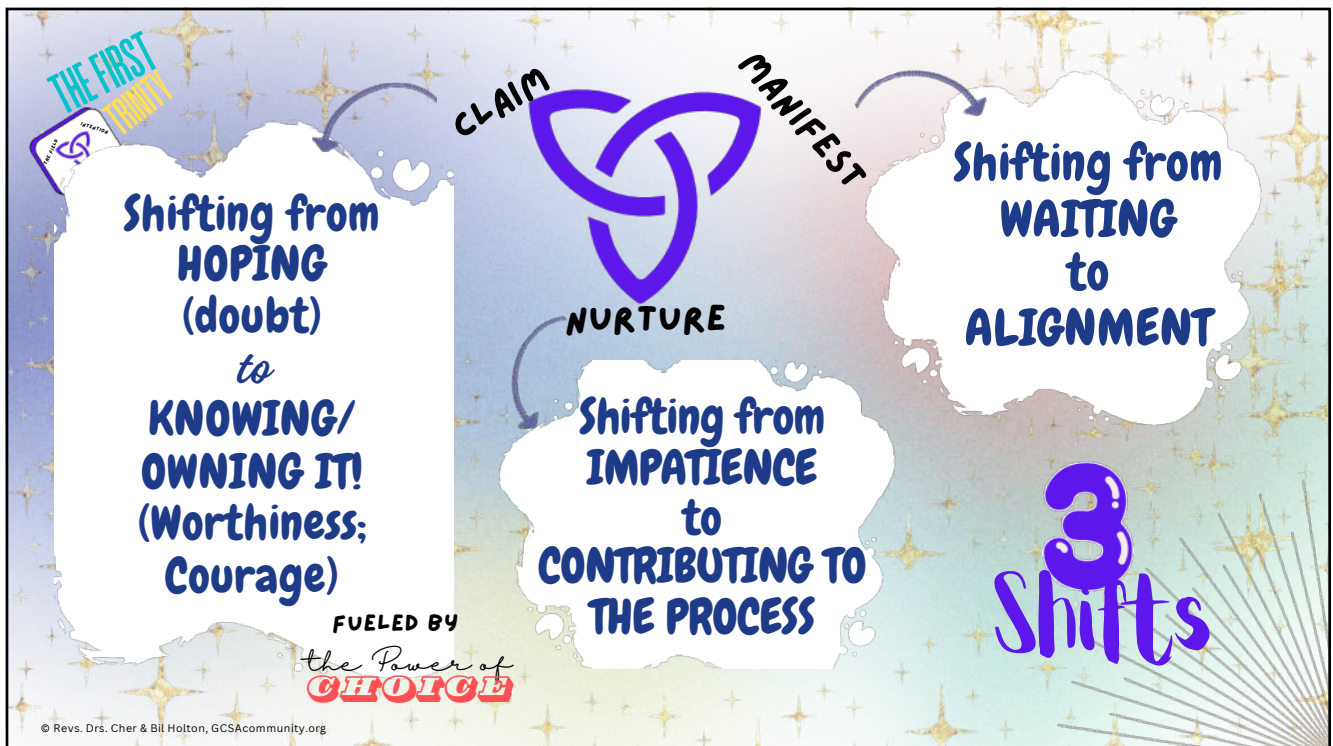
3



4



5



6

METASPIRITUAL TRIPLE TRINITY

1 2 3

Spiritual Adventure: Experiencing 'Moving through the Portal'

This practice allows you to recognize how you are already using the Triple Trinity with success, and what it means to move through the portal into Trinity Numbers 2 & 3.

1

Experiencing the Field

Choose a favorite interest, hobby, activity, etc. that you enjoy doing.

Give it a "category" name.

FUN

Choose a Past Example

Select one successful experience you've had related to your favorite interest, hobby, activity, etc.

Understanding "Infinite"

Look at the "Category" you identified.

Brainstorm as many ways as you can think of that this "category" could be expressed in Skin School.

Essence Intention Impact

Looking back at the successful experience you selected: How did your "Essence Intention" influence the specific way in which you chose to express from the Field?

© Revs. Drs. Cher & Bil Holton, GCSAcommunity.org

7

METASPIRITUAL TRIPLE TRINITY

1 2 3

Spiritual Adventure: Experiencing 'Moving through the Portal'

This practice allows you to recognize how you are already using the Triple Trinity with success, and what it means to move through the portal into Trinity Numbers 2 & 3.

2

Through the Portal
(From the First Trinity to the Second)

Deconstructing the "HOW"

What 'things' happened to get you from the IDEA to the final accomplishment?

FUN

Understanding "Claim"

How did you take 'ownership' of the Cosmic Idea and refine it to align with your Intention?

Understanding "Manifest"

How did you take action to move from the 'blueprint' into the finite world.

What got you there? (Sweat equity)

Nurturing Impact

Looking back at the successful experience you selected: How did you nurture the process? What happens if you skip the nurturing, or do it sporadically?

3

© Revs. Drs. Cher & Bil Holton, GCSAcommunity.org

8

