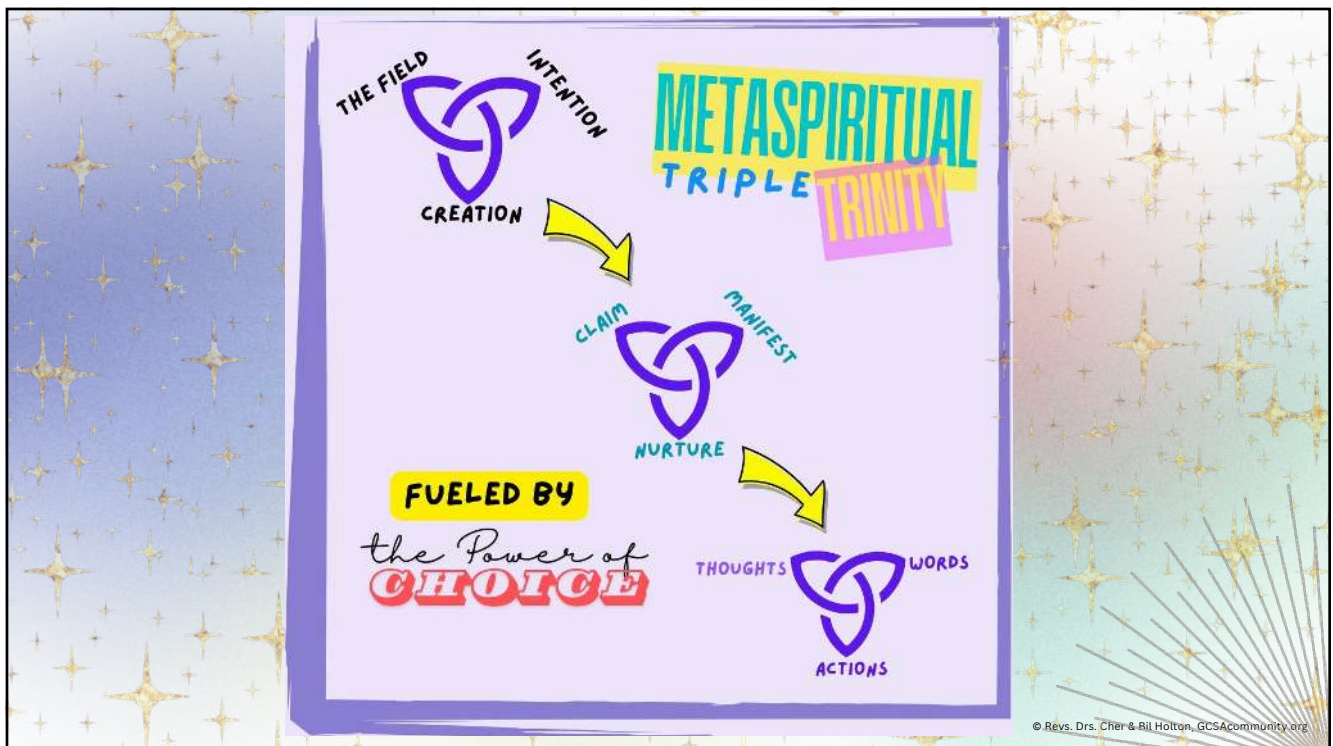
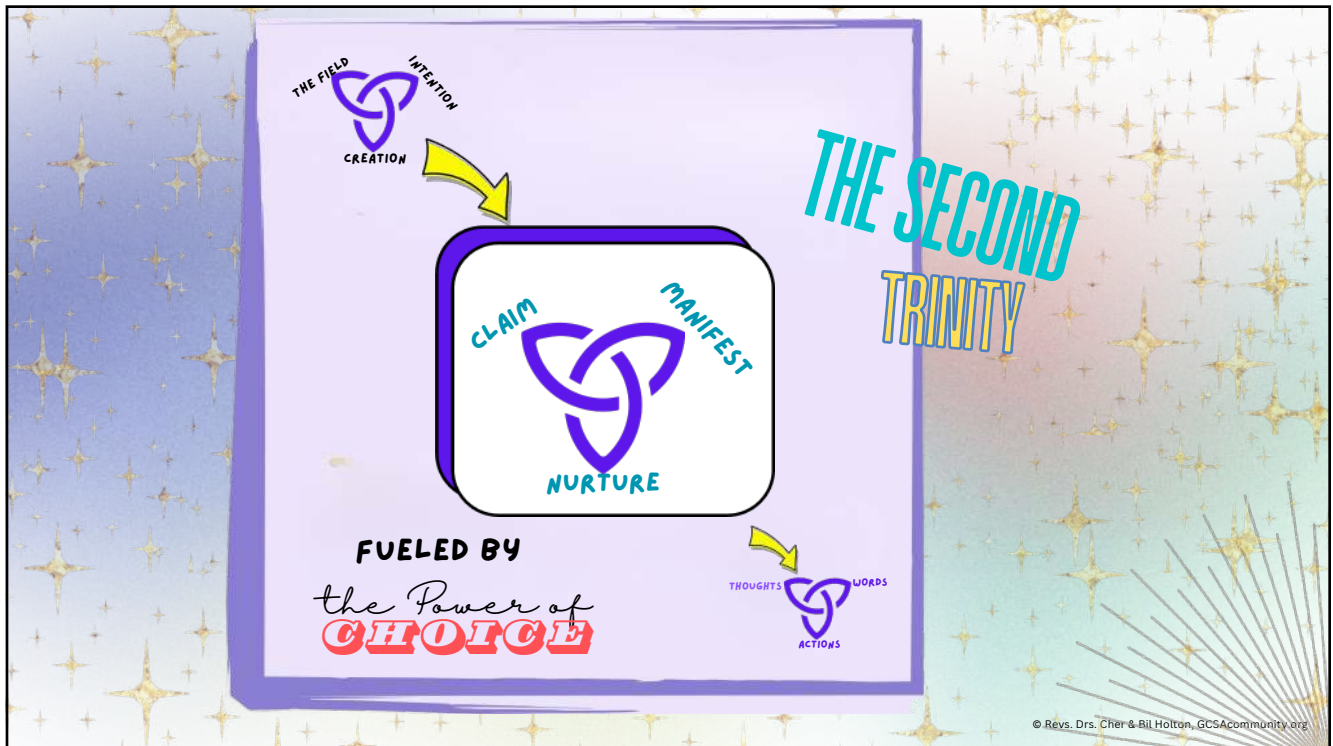




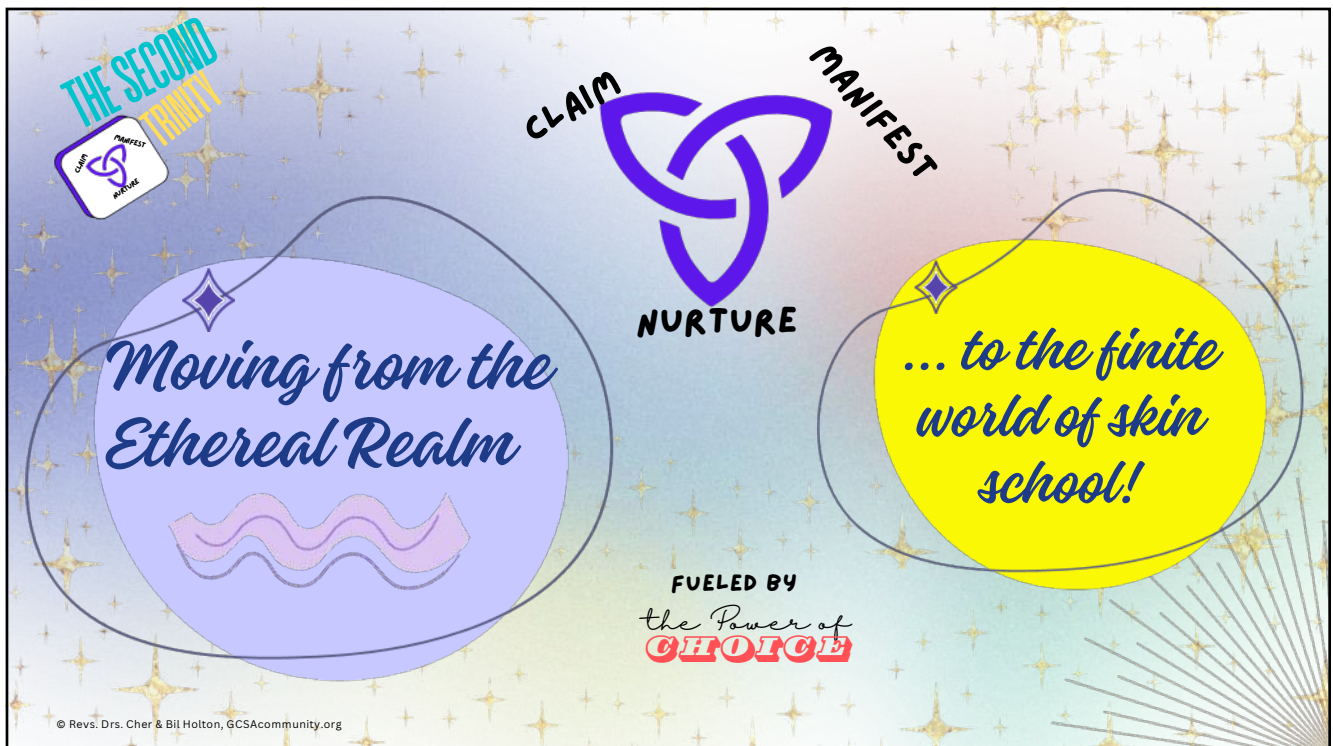
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4

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?

How Did It Go?

PLAY time

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METASPIRITUAL TRIPLE TRINITY

1 2 3

Spiritual Adventure: Experiencing 'Moving through the Portal'

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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?

How Did It Go?

PLAY time

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7



Overcoming the Worthiness Gap



CLAIM MANIFEST
NURTURE

POSSIBILITY OWNING IT!

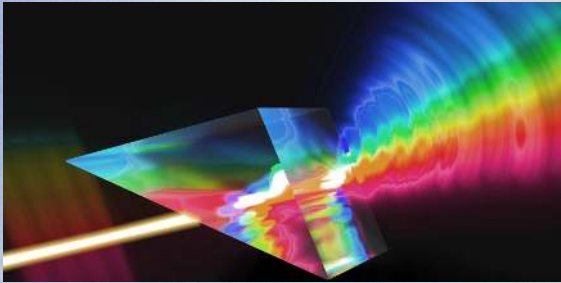
Claiming is the bridge between believing in a possibility and owning it.

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8



THE Prism Effect



CLAIM MANIFEST
NURTURE

The invisible white light is The Field—containing all possibilities at once. The prism is the act of Choice and Alignment. The vivid, colored light on the wall is the Manifestation—tangible, structured, and beautiful, yet entirely made of the light that was already there.

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The Vulnerability Gap



The period between claiming an intention and seeing its full physical reality is the "incubation zone." This is where human impatience usually causes people to dig up the seed to see if it's growing.

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10



Handling the "Whys" and "What Ifs"



Skin School Has Physical Rules (The Law of Density)



Abundance vs. The "Vending Machine" Mindset

Shifting from Ego Desire to "Essence Alignment"



The Trap of the "Manifestation Shame Cycle"



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METASPIRITUAL TRIPLE TRINITY
1 2 3

Spiritual Practice

CLAIM **MANIFEST**
NURTURE

Choose a specific state of being (joy, abundance, inner peace, health, etc.) you want to experience for the day.

Claim it by saying: "I claim [selected quality, e.g., JOY] as my timezone today. My filter is open to its presence."

Be on the lookout for it! AND ... make at least one physical choice— no matter how small — that puts 'skin' on that energy.

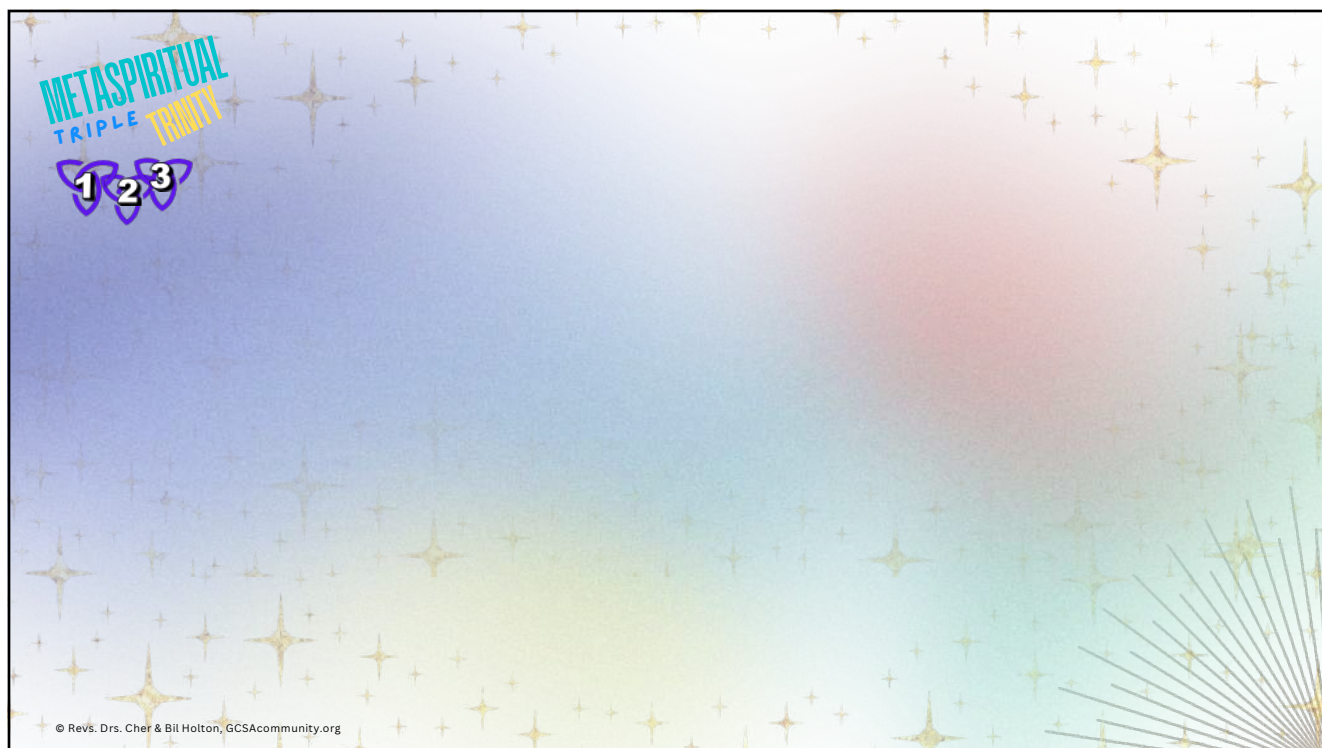
celebrate

Laughter Meditation or Laughter Yoga
Hug a tree!

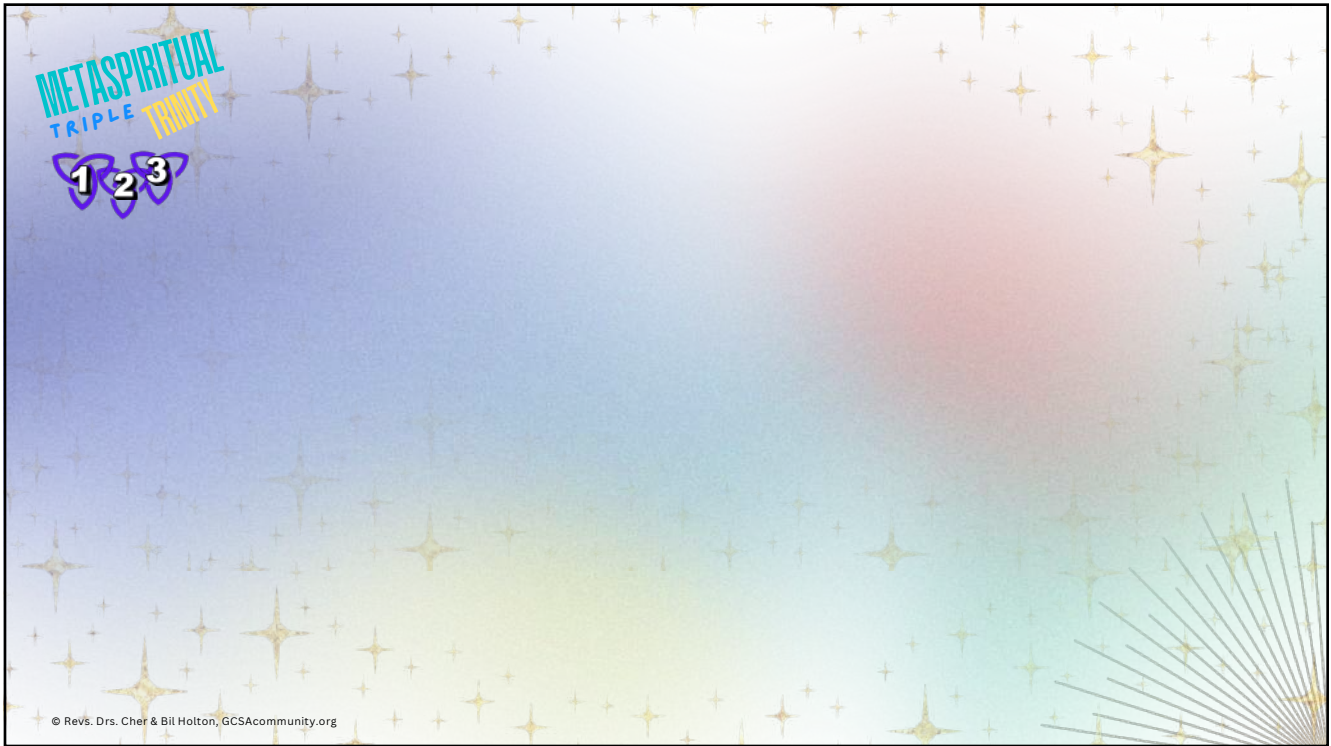
joyspotting Walk
Give someone a compliment!

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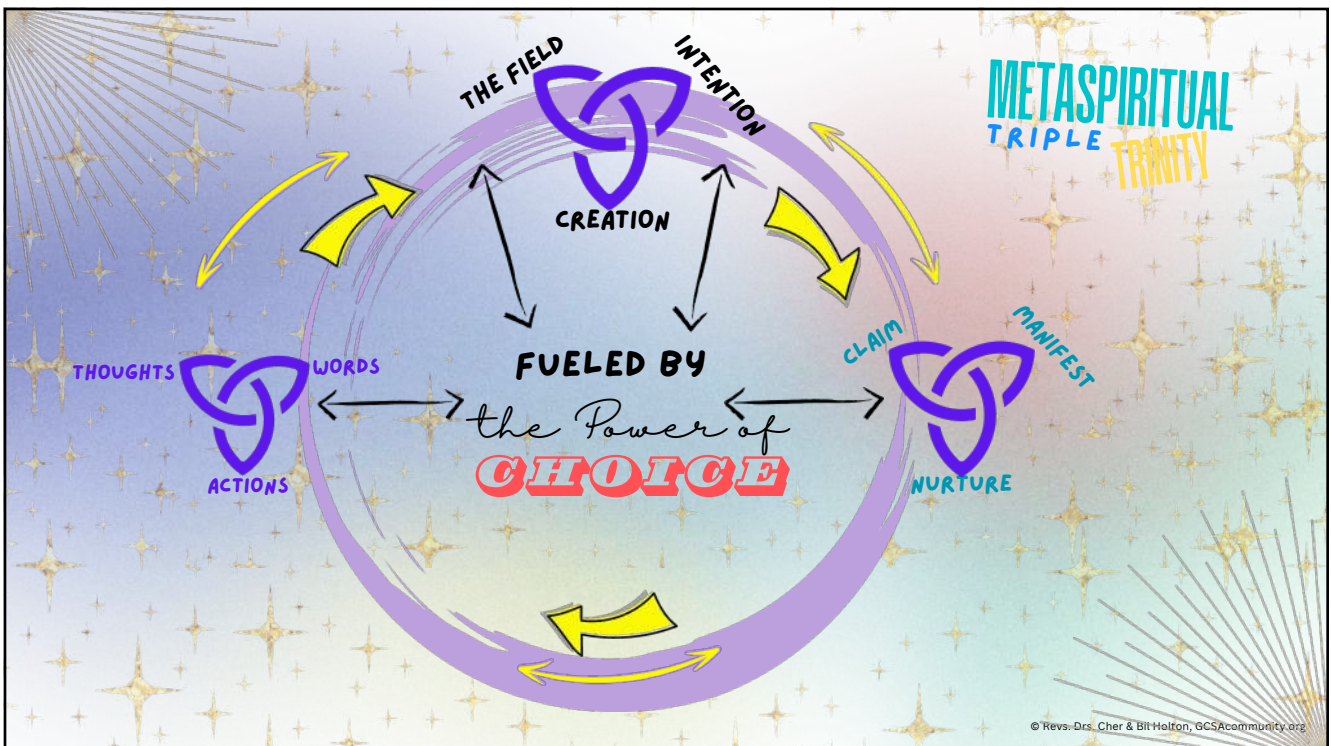
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15

How did It Go?

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."

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