

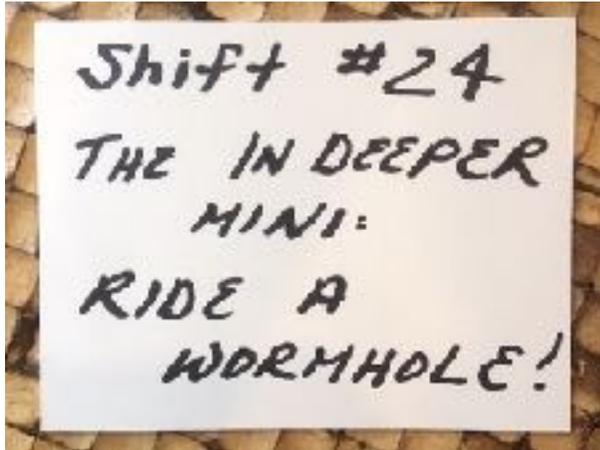
SHIFT #24 The In Deeper Mini: Ride a Wormhole!

Audio Recording Transcript

Wendy Down

Shift #24 – In Deeper Mini: Ride a Wormhole!

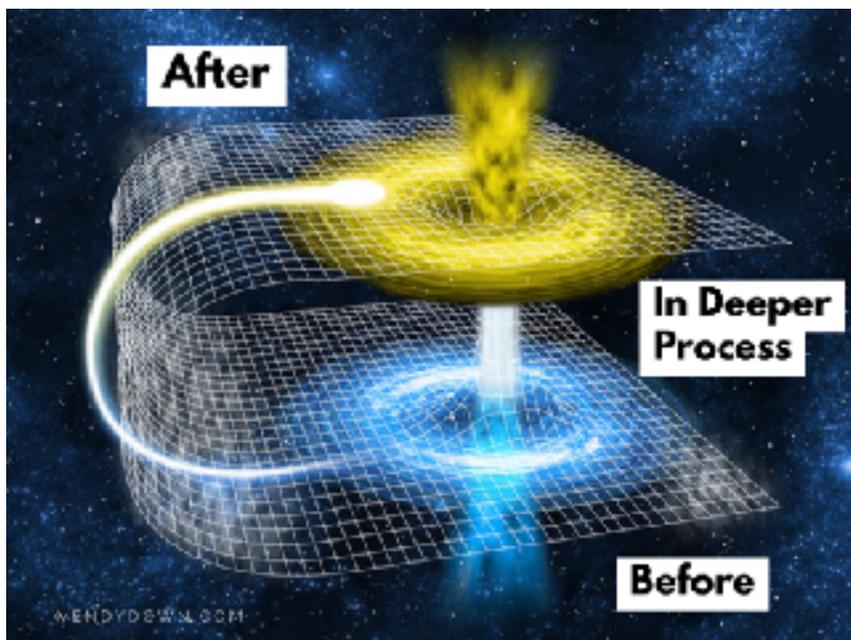
November 2018



Hi there. This is Wendy Down and this is Shift #24 in our 6-month Coaching Program.

It's called the 'In Deeper Mini' and it contains **just** the steps of the In Deeper Process designed to take you from where you are to somewhere you would like to be.

To begin then, **the first step of the In Deeper Process is to 'invite'.**



And the invitation is to invite yourself to become aware of as much information as you can in terms of the vibration or feeling state of where you are right now.

You can use your mind to think about the situations in your life that are most prominent right now.

Use your thoughts to scan what's going on.

And as you do that, you turn your attention as well to how those thoughts, how the circumstances of your life, make you feel right now.

So this is just simply you inviting your body, your emotional sensors to become aware of the place in the space-time field that you are right now.

Just aware of how it feels to be you right in this moment.

Invite that to become dominant in your awareness.

**Step 2 is to 'decide'.**

Decide that you're willing for how that feels to change.

To change in a way that suits you better, that serves you better, that moves you forward in the ways that you'd like to move forward.

The decision is not so much that the situations have to change in ways that you think about, but simply that the energy patterns and the way they present to you will change in a way that you can sense and enjoy.

So the decision is to allow change to occur.

**And when you've made that decision, the next step [of the In Deeper process] is to 'explore'.**

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The exploration is happening within your consciousness, is in your body, right now.

You're not thinking about things that have happened in the past or will happen in the future.

This is like a present moment awareness, focus, sensing of what's present right now.

You can assume that whatever is here, whatever is present is absolutely fine, perfect.

You can assume, in fact, that at this moment you're untethered and just floating towards the new moment to tether to.

This floating, this movement is guided by your own intention.

Many many intentions, even unspoken, unrecognized right now. It's safe.

You're not trying to control.

You're not trying to label.

You're just experiencing what's happening as you move between the states.

From the state where you began and the state where you'll end up.

Simply witnessing, exploring.

As you do that you may find it interesting to play, to interact with any energies or experiences that are showing up.

**To 'play' is step 4 of the In Deeper Process.**

Playing is recognizing that the energy that you're experiencing is your energy in a particular form.

That you are free to interact with like Play-Doh.

Your imagination is your partner in this play.

Your imagination may suggest ideas of things that might be interesting to try.

There's nothing you can do wrong.

It's just play.

That energy will respond to you.

It too will play with you.

And in fact, you might invite it to play in a way that would surprise, enchant and delight you.

You're allowing, simply allowing.

At some point you'll feel like you're done, that it's finished.

If your eyes have been closed, they might snap open.

Or you may suddenly just feel like it's over.

When that point arrives, as long or short as it takes, you can assume you've arrived the state that you've intended to reach.

And you can at this point, 'recheck'. **That's step 5, recheck.**

What's new?

What's different?

Not outside me at this point, but inside me.

What's here that wasn't here before?

What's not here that was here before?

You're again scanning the energy signature of this place, of this time, of the state.

Just to see, if you can draw the distinction between here and there where you began.

Maybe subtle, maybe profound.

Allow it to be what it is.

In these few moments your right brain in coordination with infinite intelligence has gently, lovingly shifted you from one energy point to another one.

You haven't had to do it on your own, but you've been willing.

You've been willing to bring all of who you are and all of what you know and all of what you want to this moment in time, interacted with infinite intelligence, allowed a shift to occur.

And from here you'll see what's next.

And you'll have the opportunity as many times as you like to stand in the place that you are in any moment and shift to a new place and see how

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life, how the quantum field assists you in that increasingly thrilling journey.

Bye for now.

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