



Perceive

What to know about the Perceive Process

We tend to live as if there's one continuous path on our journey that is a straight line from A to B. What's really happening is that life is one series of choice/ decision points that affect a new branching off of the path. Much like taking an exit off the highway. It leads to somewhere else. At each decision, a new timeline filled with a completely different set of options begins to create itself and unfold as we journey forward.

Sometimes when we are living a life we don't like, it's beneficial to be aware that we are not trapped in the movie of it. That there are other timelines to live out if we can only perceive their existence. It's difficult to perceive these without starting from a sense of neutrality internally. This is why the Peace process is the beginning of the Perceive Process.

When we start in 'neutral' we can begin to perceive what is actually truly beneficial in the long run. Otherwise our perception of possible options is driven by fear or anger about the timeline we're currently on and that will color the choices we make. Many of those choices will then be reactive in an effort to escape the pain we're in vs. be called to the joy we might experience.

There are many theories of multiverses and parallel universes, all issuing forth each time we make a decision. Given that each moment has an infinite number of possibilities of what might happen next, it's to our benefit to be able to choose wisely and well. It's a question of alignment instead of trying to control the path we can't see completely in the first place.

Even though in a moment we may not see ALL the possibilities that are beyond our logical thinking or creative imagination, it doesn't mean they don't exist. It simply means we can't see them.

Perceive process helps us open to this infinity of paths and lets us not only leave what is not working but step onto one that is more 'user friendly'. One that is more aligned with what we truly desire.

Perceive, allows us to feel the energy of the future differently and therefore align more positively with whatever actions show themselves to be taken. With whatever tangible and intangible things that need to be left behind in order to be free to proceed forward. It may indicate things to "Be With" or "Deconstruct" so that our movement forward is unimpaired.

The challenge isn't, what to do going forward that makes life difficult. Every action we take or do not take moves us further. The question is whether or not we are in alignment with a path that supports and honors us. And then ask, "What does that path require me to do", in order to be aligned.

How to do the Perceive Process

**Note that the use of the word 'pause' is simply to allow some time for the experience.

Start by closing your eyes.

- Now focus on your breath. Notice when the 'in' breath begins and notice when it ends. (pause)
Notice when the 'out' breath begins and ends. (pause).
- Notice the rhythm of when 'in' begins and then makes the transition to 'out'. (pause)
- Notice how long each phase takes. (pause)
- Now notice how long both take together. (pause)
- Begin to notice the space between in and out. (pause)
- Notice that the space is very slight but if you let yourself you can become more aware of it.(pause)
- Notice that it's not holding and stopping, it's just a distance in between in and out. A transition of energy. (pause and allow some time to notice this space in between)

Now extend your awareness outside of yourself to notice that you are inside a globe. Let the globe expand and extend further and further until it seems to fill the universe. (pause) Now become aware that you are in the center of the globe. Notice that as the center of the globe there are lines of energy extending from you in all directions. Like being the hub of a bicycle with spokes going everywhere. Above, beneath, from all sides, top and bottom. (pause)

Notice that there is an infinite amount of these lines of energy extending from you out to the edges of the globe and then spiraling out into the space beyond it. These are all the infinite timelines that are made possible by every choice you make. Each one leads to a different future, each time a choice is made new timelines appear. Simply wait and notice all the timelines extending away from you. (pause)

Now see if you can notice the timeline of history that is the one you've been living. The path you've been walking on. As you look at it, you may notice events that have passed, feelings you have had, the actions you have taken, and some roles you have played. These are all part of the movie that accompanies the timeline of your life. (pause)

Notice that at each major decision point, other optional paths were available and then not taken. Notice some of them fade and disappear as new ones are born. (pause) Notice the events and circumstances of the present that are being carried by the current timeline. Notice that even now, there are choices that can be made that would take you to other paths. (pause)

Now notice the timeline you've been walking again. Look down the path into the distance of the future. Notice the energy of that timeline, both along the way and in the far distance. Notice the feeling of that energy, whether it's desirable or not. Whether it excites you or makes you concern.

Now see if you can notice a different timeline that is calling for your attention. One that feels more loving, more successful in terms of what you want and although you can't see the events on it, the sense of moving forward along it feels more congruent with how you want your future to unfold, the life you want to be living. (pause)

This calling might be soft in volume or have a very faint glow. Nevertheless it is calling for your attention. It might be bright and loud and yet travelling on the path you've been on has blotted out your awareness of this possible future in the infinity of futures. It might even feel like to walk this path would be living in a whole new universe, one with more alignment, more ease, more joy and more success.

Now notice that simply by being aware of this new timeline, this new path, you've already begun to take your feet off the old one. Though it may call out to you the echoes of that call get fainter and fainter until they disappear as you proceed on this new path. (pause)

If you can, allow yourself to look down this new path, this new timeline and see both in the present and in the distance the energy that matches this one. Sense its difference. How does this timeline feel? (Pause)

Knowing what you know now that your future wasn't fixed. Wasn't inevitably attached to the previous timeline, what actions are showing themselves to you to take going forward. (pause) What new awareness will accompany those actions that is important to carry with you? (pause) What will you have to let go of to easily continue on this path? (Pause)

So now you've stepped onto a new timeline and it will play itself out, moving forward with each action you take. Just know now that there is an infinity of timelines available for you to follow and shift to if your awareness calls you to do so.

When you're ready, let your consciousness slowly and gently bring your eyes open and see the world through the lens of this new timeline. It may look a little different or it might even look a bit the same. Just let yourself feel and sense the shift you have made so you can be aware and attuned to what this new timeline to the future is asking of you.

Additional Information on the Perceive Process

"Albert Einstein alluded to this...

We, the people of this beautiful planet, are really beings made of energy, but we exist at the 3rd dimension because our atoms have a specific frequency which makes us able to exist in this very 3rd dimension. This specific frequency is stable enough for all our lifetime.

Using this information, if we are indeed capable of accelerating and decelerating the frequencies to make us able to exist in the 3rd dimension, then naturally, we can use this in order to travel inter-dimensionally throughout [the infinite multiverse](#)... and here lies the key to the true evolution of the human being race.

Once we learn, or progress far enough, to accelerate and decelerate the vibrating frequencies of our atoms, then, in theory, we will be able to exist in the 5th [dimension](#) and in parallel universes of this wonderful multiverse."

And it is in this way that we are able to step into different timelines...