

Pocket Project Training

PART 1

Bring any thoughts from today's meditation to your next practice triad - any insights you had from this attunement. **Take time to make some notes now and bring them into your next practice triad.**

Ask yourself the following questions: "What did I learn here? What is the deeper underlying dynamic? What did I feel, how did the transmission of the information from this meditation show up in me? What catches my attention? What am I curious about? What is the explorer, inner scientist in me saying, and what is it sparked by?"

Although we have shared interests due to collective trauma, focus on your own areas of interest.

PART 2

Go into a city and try to feel the differing energy fields. Some of the spaces have a density that feels almost like an invisible cotton layer. This density is almost always unresolved energy. We feel heavier in these areas. **Reflect:** When I walk through a certain area, my nervous system responds in a certain way. Notice how you resonate with the different layers and different parts of the city. Experiment with these areas and reflect on the collective transference of past energy onto the present nervous system.

*You can go with other people, or you can go alone. **Make notes for yourself for your spiritual training.**

PART 3

Pay attention to others' energy fields as they communicate with you. Notice when someone speaks to you and they are clear and present versus when they are not. Also notice the 'space' where someone is communicating with others versus when they are only in contact with themselves and their own energy, and how they move from internal versus external energy fields.

Study what happens when people are discussing something that disturbs them. Pay attention to times when there is an interference of disturbance in their energy field - when they are "triggered." Pay attention to how people sit in their energy and how they rest in their base versus when they are in a space of disturbance. Note this change in energy and the physical disconnection from their experience when they are triggered.