

Creating with the Seven Layers of Thought

Free Webinar - May 4, 2017

Track 1 (10:18) Lecture

- Focus of webinars in next few months is on fundamental tools.
- Fundamental is not insignificant. Simple, practical, useful tools.
- We think that we move through time and space. But time and space move through us.
- Masculine and feminine energies are building blocks of creation, not limited to physical bodies.
- What layer of thought do you think from? Get quieter and things come to you.
- Notice yourself. Are you in the present or in the past or future?
- You can't change your future in the future or your past in the past. Create from the present.
- Layers are not distinct, more like layers of the rainbow with overlap. Shift from one to another constantly.

Track 2 (20:16) Lecture – Seven Layers of Thought

- First layer of thought – non-stop talking
- Second layer of thought – Non-stop talking in head. Stuck in past or future. Distorts energy field.
- Third layer – where most people are. Hold on to things and talk to ourselves. Leaning into next actions.
- Figure things out. Worry. Uncertainty. Rational mind wants to keep you safe and that you fit in.
- Fourth layer – quiet, present time, curious, wondering, no answer needed, playful.
- Third layer in reaction. Fourth layer in present time, have choice.
- Fifth layer – meditative space. Distant thoughts, not engaged. Observing.
- Etheric body – energetic blueprint for the body. chakra system, mental-emotional body.
- Fifth layer – quiet knowingness, feelings, higher self, well-being.
- Sixth layer – discernment, place of observing without engaging, no talking in your head.
- Quiet, don't need to label things, just know. Answer just appears to a question thought.
- Seventh layer – the thought that thought you into existence and you think together.
- No words. Just awareness.

Track 3 (34:05) Meditation

- Sit back, take a breath, notice yourself. Three breaths. Allow body to relax. Third layer of thought.
- Simple. Notice your day without going there. Notice how you thought about next thing to do.
- Conscious of being unconscious. Notice yourself noticing yourself. Conscious of being conscious.
- Fourth layer of thought. Curious, pondering, no needs, quiet. I like me. Nothing is wrong with you.
- Observe your past day. No judgement, just observe without going to it.
- Not OK's are not yours. Will fall away in fourth layer of thought. I like me. You can come back here.
- Notice third layer of thought. Valuable in figuring things out.
- Stay in the fourth layer as you come back and open your eyes.

Track 4 (22:50) Questions and Answers

1. What would happen if I was in fourth, fifth, sixth layers of thought at work?
2. Are dreams and pictures forms of thought?
3. How can I help my daughter stay in the present moment?
4. I've only done Level One for a week. Is it too soon for me to join Level Two?
5. How do I determine where channeled info is coming from? How do I receive only from higher beings?
6. How does taking medication or drugs affect a person's ability to access higher levels of thought?
7. How do I catch and stop myself from being in the first level of thought?
8. Do I go through the same step by step process to revisit the tetrahedron in the heart again?
9. When you are in the fourth level of thought and higher, how can you avoid going unconscious?
10. Noticing my body, then clearing physical energy blocks, is this the first part of self-healing?

Complete Call (1:27:30)