

# How did you Circulate the “Unifying Presence” through our 3-D world today?

i.e., How “woke” were you today?

## Unifying With Others!

- Entered their world?
- Spoke to positively?
- Received good energy back?
- Risked speaking my truth?

## Overcoming Ego!

- What triggered me today?
- Who did I feel separate from?
- Who did I judge or criticize inwardly?
- What parts in me were fighting?

( Death & Rebirth:  
facing your own Egoic,  
separating parts within. )

## Noticing Miracles!

- What baby miracles arose?
- Insights & inner guidance?
- Gifts from Nature, animals?
- Self-care today?

## Grateful!

- How many gratitudes today?
- Speak it aloud to self or others?
- Basked in it?
- Yelled THANKS to the Universe?

## Joyful Serving!

- Flow, Happy & Joy today?
- Laughed, danced, fun?
- Joyfully give to another?
- How did you sparkle?
- Contribute to Life today?

(Not at all)

Some Conscious of the Unifying Presence

(Hugely)

