

2020 PM Integration

Module 5 – Shanna and Laurie

Module 5: HARMONY AND COHERENCE

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In this module we learned about the importance of bringing our thoughts and emotions into Harmony and Coherence so that we can manifest our highest desires and gain an understanding of our state of mind needed to work with these laws.

Before we began our review we each pulled a card from WOTO asking which card wants to represent this module of Harmony and Coherence.

#51 - Milk and Honey - These times are precious and only come when you're in your authentic zone, "wearing the world as a loose garment," not wanting, yet able to be nourished in ways both tangible and subtle.

#21 Clean it up – "Getting to the core of a situation; freedom from a burden; cleaning house; sweeping away what is no longer needed."

Video 1: Harmony and Coherence

- The universe always inherently strives for coherence, harmony, and alignment
- Life can't exist out of coherence before moving in the direction of coherence and unity
- Unity implies togetherness
- Harmony implies there is more than one role
- Everything works together as a unified whole
- We want the same for our dreams, desires, and hopes
- We want to be in sync with these laws
- Be very mindful of where we place our thoughts
- ✓Thoughts should be on harmonious outcomes

****Incoherent thoughts on a regular basis create an incoherent outcome due to the Law of Frequency and Magnetism****

- **Check out 1:35 on the video**

- ****Intention is to get our thoughts in to synchronized harmony with what is in our best interest, the best interest of the whole, and the best interest of the universe****
- Focus on the feeling state rather than the form
- We get closer to our desired result when we are unattached to it
- Being open and curious about the form enables us to see possibilities and potential
- Check out 3:00 on the video
- ****If we always ask for guidance to show us what is in our highest good and the highest good of all, at the same time it implies show me what is harmonious and coherent for me and others****
- Check out 4:50 on the video
- Be mindful of our thoughts to remain in harmony and coherence
- ****If we are out of alignment with distorted thoughts and accompanying emotions the oracle cards then become the force that ask us to move in a different direction****
- Check out 5:40 on the video
- ****We want what is in harmony with our hopes, dreams, desires****
- Synchronistic heart coherence, in a group we build sympathetic connections
- Check out 6:20 on the video
- Have you watched the Metronome video? How cool is that!
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Video 2: Emotional Intelligence, Emotional Sobriety, & Emotional Wisdom

- Emotional Intelligence - I know what I feel, and I can name that feeling
- Emotional Wisdom - I understand, but... does this apply to me now or am I responding from something that existed in me in the past
- Emotional Sobriety - Not getting drunk on any one of my feelings in the feelings spectrum
- Check out 1:30 on the video
- There is a difference between rage and being enraged
- Check out 1:50 on the video
- Emotions can get stuck
- Check out 2:15 on the video
- ****Don't forget about the bonus video in Module 4****
- Emotional Sobriety specifically is not bypassing anything

- We do not bypass anything in Oracle School
- **The shadow is as important if not more sometimes as the light****
- ****The diversity of our feelings states are all important to explore so that we can learn about ourselves and get better in to alignment, coherence and harmony with our hopes, dreams, and desires****
- Check out 3:33 on the video
- ****Sometimes the discomfort is worth the experience to get to where you want to go which is always going to be harmony and coherence****

Video 3 – Bringing Thoughts and Emotions into Harmony and Coherence

- We start this with you thinking thoughts and feelings that are disharmonious. Ask yourself, Would I choose this?
- We always have a choice on how to respond to life.
- You may not have a choice on what happens to you, what's happening in your environment, but your respond to it and your reaction to it, is always your choice.
- Your reaction and your response is always in your choice, you are ABLE, you are RESPONSIBLE = RESPOND – ABLE.
- Example – I can't do this because I'm unworthy.
- I can't - is the thought about the limiting believe, I can't, is impossible, etc.
- Unworthy – is the emotion that fuels that thought. They go together.
- When working on bringing your thoughts and emotions into harmony and coherence, ask yourself:
 - Is this actually true?
 - What if I could be curious?
 - What if I could reframe all of this?
- **Why NOT me?**
- If we are truly in alignment with the Universe that has infinite potential and possibilities then, that very questions opens you to that part of you, the part of you that knows that there's more.
- Everything that you know of yourself is memory base.
- What if you are something way beyond that?
- If you want your thoughts and feelings to be in alignment with coherence and harmony and the outcomes for you, you have to be mindful of how you limit yourself.
- What is possible to you is more greater than what you think.

Video 4 – The Small Self and The Soul Self

- The small self represents the EGO, the defined self or identity that you develop from the time you were born until the time you die.
- The soul self is the immortal part of you. The soul needs the container of the human in order to have an experience through which it can express itself.
- The soul is not limited by personal identification, is not inhibited by memory, experiences, or boundaries of the personal limitation. It is way beyond the persona, it always knows more, sees more, it has access to more.
- Is separate from the small self – which always defines itself by its memories and experiences.
- They always need to be integrated; they cannot be separated.
 - Spiritual Narcolepsy – when we are not in alignment or integrated with our soul and the small self runs a mug. We fall asleep, we actually have amnesia, we actually forget that we are first a soul and second human.
- We are Spiritual beings having a human experience.
- We have a great forgetting the moment that we are born.
- You either will use the EGO in service to the Spirit –
- **Ease God Order**
- Or we are going to –
- **Edge God Out**
 - I'm going to do it my way...
- For the Law of Harmony and Coherence to work, the small self and the soul self needs to be integrated and working in tandem together in order to else to be smoother.
- All the laws work together, everything works in partnership, and the soul is always operating.
- The small self only recognizes its humanity and cannot see anything beyond the end of his nose, until it starts to recognize there's actually magic out there; and then, it becomes a conduit to that magic, we become conduit to that magic and the magic of the Divine.
- We learn in Oracle School that we can give the wheel over to our Higher Self.
- When we are in the observer mode then is when the soul is operating. We are no longer defined by our opinions about what life is, we are always working through curiosity, because that's what the soul does, "what else could we do?", or "can we go there?" as oppose to the ego self – "no, no, no, we're going to do it my way, we are only going to go where I want to go".

- The small self always thinks something is about to go wrong; it doesn't want to lose control over his live force because it knows is going to die and it's afraid of dying.
- When a person dies, that persona or that ego self-dies to itself, it can't stay because it doesn't have that live to operate through.
- So is always afraid and trying to make sure that is safe.
- If you're still operating under the idea that the small container its ok for you based in your memories, the experiences you already have about the world, your conditioned responses, the believes about yourself, all of those things; how you've self-defined up until now actually limits you.
- The soul is not defined for any of those things.
- In fact, giving the reins over to the greater self, the soul self, is the right thing because that actually expands the experience of the small self.
- How do we get to that place of integration? Is through meditation. Meditation calms the mind and enables you to activate different parts of the brain and to activate intuition, the intuitive part of you that is accessible now because you're calm down.
- Intuition is your first and primary sense. Is the sense that the soul comes to you with, because is navigating an invisible mystical world were everything happens, because everything is created first in the invisible before we see it out pictured in the material world.
- The more you meditate, the more results that you're going to have in harmony and coherence because it brings you into a state of calm receptivity were the information can come in.
- You learn to track energy; you learn to track environment and you learn how not to get overwhelmed by empathy overload when you're remembering that you are not by yourself.
- You have a partner at all times and that is your soul self.
- You are the vehicle for the soul; your body is the vehicle for the soul, your intuition actually resonates through your physical feelings, the emotions, the insights, the inspirations show up through your body, again, body, mind and Spirit, they work together.
- When you invite the soul to dance with you, all of a sudden, the music changes and everything becomes multicolored, is beautiful, is like everything changes.

The minute you turn the wheel over to the soul, you realize that:

- I can be a higher version of myself, an up-level version of myself, I can experience more of my talents, gifts, of my contributions, cause I'm not longer limiting myself by those things.
- You're going to be a unique expression of the Divine.
- Why is the soul here? Why we are here? We are here to be part of the evolution of the humanity, therefore, the soul is here, to use us to create a new reality. That's why it comes here and chosen us to work through and with.

The Evening Card

- Each night, before we went to sleep, we pulled a card asking:
- In order to be in harmony with my Sacred journey, what can I focus on, with gratitude in my heart, as I go to sleep?
- We learned to let it be what it is, make notes, and see if there is a theme

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Meditation: Experiencer vs Observer

Homeplay - Practicing the Feeling State

- Moving through Personal Mastery we have been focusing on creating a vision: for ourselves
- of the person we are becoming by focusing on how we want to feel in the life we are creating
- Can we create a feeling state?
- Who do we want to become?
- In Module 3 we "remembered" who we came here to become
- We imagined the life we are choosing
- We embodied that person
- We allowed ourselves to feel the feelings of that state

We rehearsed it

- With a song that represents how we wanted to feel
- Whatever feeling state to be in harmony and coherence
- Downloaded the song
- We grabbed our headphones and went for a walk outside
- We walked inside, or even from our chair
- We took the song with us in the car
- Listening and allowing ourselves to really embody the feeling
- Check out posture and smile big

- OWN IT! FEEL IT!
 - How has your “feeling state” practice worked for you?
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- ✓ Finally, we pulled one card asking:
- What can I focus on or shift in order to enjoy more of this feeling state?
 - *if the card is in protection, that is something you need to shift*

We hope you have enjoyed this journey through module 5!

With much love and gratitude for allowing us to share this journey with you...

Shanna and Laurie