PART 2

The guided journeys of Part 2 establish and explore sacred geometric structures within our energetic body. The imagery and ideas presented offer subtle, guiding whispers for the strengthening and stimulation of our sub-conscious mind.

In sacred geometry, the triangle is the first extension of creation from Source, as the One Point (the circle) is extended into three points to create its first 2D form (the triangle). So, the One Point (circle) becomes three (triangle) and then three points become four (square).

[Fifth Collection: Form]

"*Allow your body and mind to rest.*
Lean into peace as you inhale,
sink into relaxation with your exhale"

(5.1) The first of three sacred geometric shapes explored in Part 2 is the circle - the symbol of The Infinite, The Divine Source. Here you will establish and expand this shape within your inner world, with you at its centre-point, whilst surrounding yourself with the elemental force within

(5.2) The second shape introduced in Part 2 is that of the triangle. This meditation will guide you in an expression of both feminine and masculine energies - not the same as male and female - the first in a balanced exploration of the full nature of our being

(5.3) The third shape to establish within your inner world is that of the square; symbolic of the incarnation of the human or physical matter. Your awareness will be guided to the energies of the physical Earth and the physical carrier of your incarnate form

[Sixth Collection: Vibration]

"*Allow your body and mind to rest.*
Lean into peace as you inhale,
sink into relaxation with your exhale"

(6.1) We return to the circle as the Source of our centeredness and offer mantras of affirmation and commitment to the seven central, vibrational chakra-spheres of our totality.
(6.2) Our return to the triangle meets us with a full immersion in the seven chakra energies within our being
(6.3) With a return to our square, we attune ourselves to its vibrational energies in order to gain clearer perspective and direction

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THE PROCESS

[Seventh Collection: Reflection]

"*Allow your body and mind to rest.*
Lean into peace as you inhale,
sink into relaxation with your exhale"

(7.1-3) The third return to each of the sacred geometric shapes begins at the square and moves through triangle, back to Source - the circle. Reflection within each shape will guide you through a process of return, exploration and integration. Be open, honest and gentle with yourself as you explore your inner world. Allow yourself to be held gently in the safety of these meditative spaces. In doing so, they will facilitate an alchemical process of renewal to take place within you.

[Eighth Collection: 7 Questions]

"Receive as you inhale, perceive as you exhale"

The seven questions presented in the Eighth Collection move through each chakra. We present an enquiry into each chakral centre and then explore the *field of information.* You may wish to present a question related to the representation of each chakra before exploring the *Field Of Information*. If you are not able to present a specific question (it is important to be specific), then simply focus your attention throughout the journey on the journey chakra, its colour-frequency or theme:

(i) Root Chakra (red); groundedness and belonging
(ii) Sacral Chakra (orange); passion, creativity and sexuality
(iii) Solar Plexus Chakra (yellow); practical drive and confidence
(iv) Heart Chakra (green); giving and receiving of love
(v) Throat Chakra (light blue); communication and verbal expression
(vi) Third Eye Chakra (dark purple); perception and insight
(vii) Crown Chakra (light purple); connected Oneness with Infinite Source

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THE PROCESS

PART 2	PART 2	PART 2	PART 2
Wk 10 (every other day)	1st journey	2nd journey	3rd journey
The Circle: Form [5.1]			
Wk 11 (every other day)	1st journey	2nd journey	3rd journey
The Triangle: Form [5.2]			
Wk 12 (every other day)	1st journey	2nd journey	3rd journey
The Square: Form [5.3]			
Wk 13 (every other day)	1st journey	2nd journey	3rd journey
The Circle: Vibration [6.1]			
Wk 14 (every other day)	1st journey	2nd journey	3rd journey
The Triangle: Form [6.2]			

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Wk 15 (every other day)	1st journey	2nd journey	3rd journey
The Square: Form [6.3]			
Wk 16 (every other day)	1st journey	2nd journey	3rd journey
The Square: Reflection [7.1]			
Wk 17 (every other day)	1st journey	2nd journey	3rd journey
The Triangle: Reflection [7.2]			
Wk 18 (every other day)	1st journey	2nd journey	3rd journey
The Circle: Reflection [7.3]			

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THE PROCESS

7 QUESTIONS	7 QUESTIONS	7 QUESTIONS	7 QUESTIONS
Week 19 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Root Chakra [8.1]			
Wk 20 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Sacral Chakra [8.2]			
Wk 21 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Solar Plexus Chakra [8.3]			
Wk 22 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Heart Chakra [8.4]			
Wk 23 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Throat Chakra [8.5]			

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Wk 24 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: 3rd Eye Chakra [8.6]			
Wk 25 (every other day)	1st journey	2nd journey	3rd journey
7 Questions: Crown Chakra [8.7]			

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