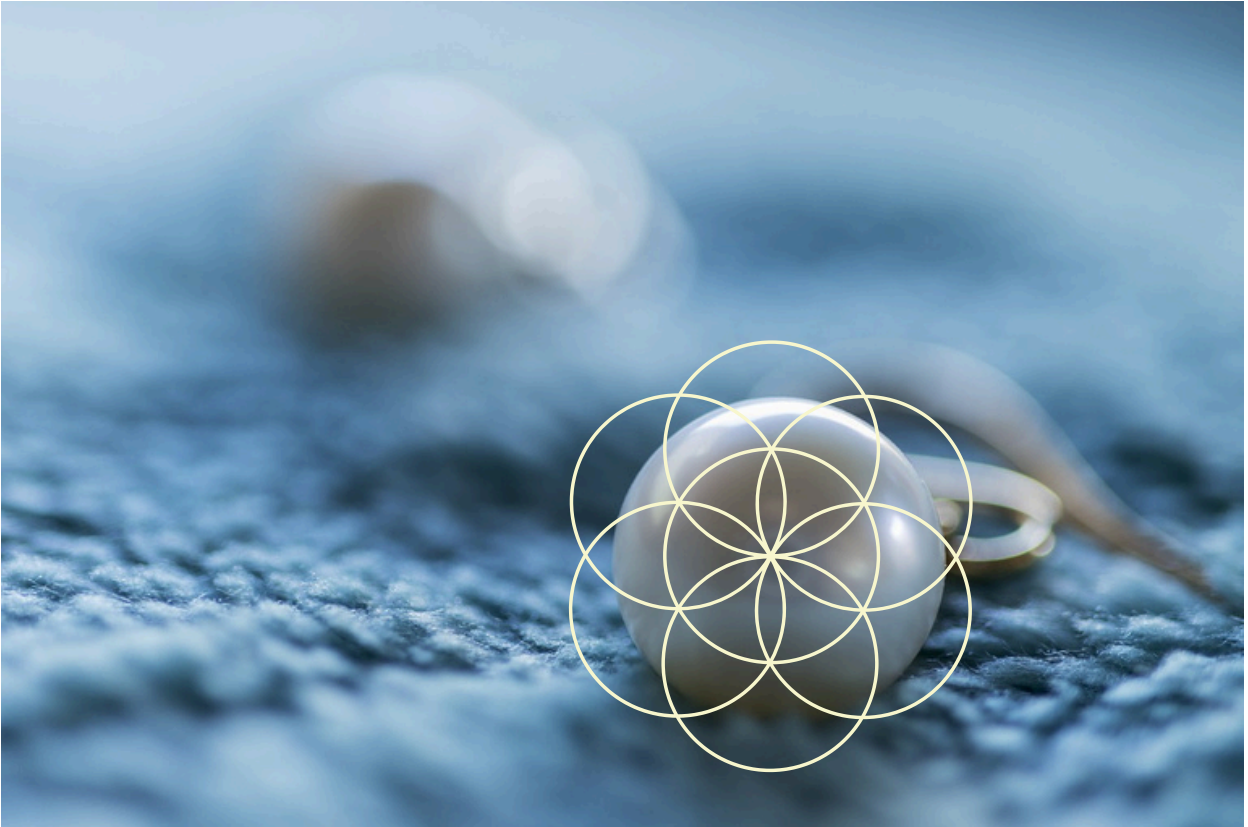


TREASURE



*Integration & Deepening
Mindset Work*

Module 4 Integration

Video Transcript

We have now arrived at the final module of Stage 1 Excavate. It's time to consolidate all that you have received and activated inside of yourself. When it comes to integration work, I'm reminded of how conventional society prioritises doing more, achieving more. It's very much a hustle culture, and it can feel bad or wrong to say that we need time to process and digest. The problem is, adding too many things leads to overwhelm and eventually you end up stopping everything and returning to the same place you were trying to get out of.

In the natural order of things, it's not healthy to keep inhaling without exhaling. Even as we take in, we also need to absorb, and then eliminate and release. And that's why, in a divine feminine container like this, special emphasis is given to bring together everything you have been learning, and offer space to embody this learning into your system so that it becomes wisdom rather than just intellectual knowledge. Hence, this module is all about Integration Practices, and having time for reflection.

Let's first get precise on what integration really refers to. To integrate means to combine two or more things so that they work together. Ideally, there is a seamless blend, a unity, a fusion. In this case, not only are you integrating teachings about sacred geometry, about your observations of how your mind works, as well as about Chiron's mythology and astrology, you are also integrating the old and newly activated parts of you. So it's helpful at this stage to reflect and review what you've learnt so far, as well as how you have been applying this knowledge in your life.

To integrate also means to become whole. To bring fragmented parts of yourself back into wholeness. The root word for the words "heal" and "whole" is the Old Saxon word hal or haelen, which means "whole" or "to become whole". So integration is another way of saying to become whole. This is a dynamic process where you become more and more connected to the core of who you are. And when you do so, you cannot help but stand more fully in your TREASURE.

A quick question to ask yourself is: What new changes am I sensing in my life right now? These may be big, tectonic shifts, but they could also be small, subtle, internal nuances that you are sensing in your internal world. All is welcome, please know that you are on a very unique and individual journey here, and what you are experiencing is exactly what you need. So please pause this video, and just jot down in a minute or 2 what shifts you have been experiencing in your life. When you are done, simply press play and continue with the rest of this video.

Another question to check in with yourself now is this: What is one take away that you will continue to implement from Stage 1? Remember, it is so easy to slide back into our habitual patterns, and these habits can be much more challenging to overcome than we anticipate. The key is to create one new positive habit, one that becomes part of you, a part of your organic evolution. This happens by you implementing and reinforcing one thing that you learned. So, commit to one transformational lesson you received during Stage 1, and make it part of you and your life. Again, please pause this video and actively take notes.

To help with anchoring your learning, let's have a recap of all that we've covered thus far. We began Stage 1, Excavate, with Sacred Geometry, and understanding that your inner light is your TREASURE. You are connected to a divine intelligence, you carry the template, the seed of this divine intelligence, which makes you a divine Creator of your life.

We also delved into several layers of consciousness. There's the consciousness from Sacred Geometry, the Seed of Life. You learnt that the Seed of Life sacred geometrical form is the fundamental basis of reality, and that meditating on it can activate vast potential inside of you. We then delved into ordinary mental consciousness, the thoughts that you wake up to, that you have as you go about your day. All these are thoughts that take up a lot of your ordinary waking life, and that you may not necessarily be aware or conscious of.

The simple practice of watching your thoughts without judgment, and without attachment, helps you to be more mindful about your thinking. This is a great tool to add to your repertoire, especially if you already have a regular, consistent meditation practice, because here you get to see the seeds, the first thoughts that come through, and you gain an awareness that these seed thoughts are neutral and carry no emotional charge. It is the train of thoughts that come after this seed, or trigger, thought, that causes us to often react in unhealthy and disempowering ways.

And then we learnt about Chironic consciousness, a liminal in between state where you have direct access to an inner knowing, that can help bridge the

left and right brain, the logical and the intuitive parts of you, so that a creative synthesis lands.

In our exploration of consciousness, we dug deep and we used the analogy of tilling your thought field and used a gardening metaphor. You learnt that even before the act of planting seeds can begin, there is important preparatory work. We need to make sure that the environment is tended to, that weeds are pulled out, that debris is cleared, and that there is space in the soil for roots to grow. This is the underground work that is fundamental, and whilst nothing appears above the surface, there's lots going on below ground.

This is not unlike what takes place inside your brain. You may not necessarily be able to see, and you may not even be aware of what is happening, but technological advances have captured the firing of neurons and synapses, and they look very much like the root system of a plant.

Let's dive a little deeper into the neuroscience. I'm going to cut out all of the technical jargon and give you just a succinct overview so that you understand what's been taking place inside your brain during Stage 1. The average human brain has about 100 billion neurons. Each neuron may be connected to up to 10,000 other neurons, passing signals to each other via as many as 1,000 trillion synaptic connections. Functionally related neurons connect to each other to form neural networks. The connections between neurons are not static, though, they change over time.

The more signals sent between two neurons, the stronger the connection grows and so, with each new experience and each remembered event or fact, the brain slightly re-wires its physical structure. But even as information is taken in, a process known as "synaptic pruning" occurs. As a human being grows and develops, unnecessary neuronal structures are removed, or pruned, and this allows them to be replaced by newer, more efficient structures. The formation of habits that stick is likened to the saying, "Neurons that fire together wire together."

What this means is that when we reinforce through repetition and consistency, a strong neural pathway forms. This is akin to having strong, deep roots that anchor a plant into the earth. When you have the right neural networks or pathways in place, there's a smooth highway in your brain, which means that instead of being stuck in traffic - the equivalent of not being able to easefully take action - you can flow through life smoothly and effortlessly. Once you've taken the effort to prune and to skilfully cultivate networks that serve you, everything functions optimally.

Another way of looking at neural networks is mindset. Your mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation, and plays a critical role in how you cope with life's challenges. It means that what you believe about yourself impacts your success or failure. The science has also shown that our brains have neuroplasticity, they continue to change and grow well into our elder years. Just like the gardening metaphor, you can continue to clear the weeds, plant new seeds, and cultivate empowering thoughts to ensure that your thought field thrives.

One of the most helpful ways of looking at mindset comes from Carol Dweck's work. She describes two basic mindsets: fixed and growth. If you have a fixed mindset, you believe your abilities are fixed traits and therefore can't be changed. On the flip side, if you have a growth mindset, you believe your talents and abilities can be developed over time through effort and persistence.

So to end, here are 4 ways to cultivate a growth mindset:

- Focus on the journey. When you're fixated on the end result, you miss out on all the things you could be learning along the way. So focus on seeing the value in your journey. Here at Stage 1, this is the perfect opportunity to take stock and see how far you've come from when you first started out. Take a moment to really appreciate all the good work you've been doing, and reinforce your learning - which is to say, strengthen the new neural pathways that have been formed - by reflecting and reviewing.
- Pay attention to your words and thoughts. Remember the Conscious Language work you've been doing? Cultivating awareness is all about eventually replacing negative thoughts with more positive ones in order to build a growth mindset. Similarly, the next tip,
- Incorporate "yet" is Conscious Language in action. If you're struggling with a challenge, remind yourself that you just haven't mastered it "yet." Integrating this word into your vocabulary signals that despite any struggles, you can

overcome anything. You're really affirming to your brain and installing a program that nothing is fixed. That, with time, progress is possible. And finally,

- Take on challenges. Making mistakes is one of the best ways to learn. So, instead of shying away from challenges, embrace them. If you've found the modules and practices here in Stage 1 somewhat of a challenge, that's a good sign because it means you are growing and learning. Go back again to the practices that were especially challenging; there's a beautiful opportunity right here to build a stronger neural network.

I leave you with 2 inspiring quotes to reflect on, before we move on to Integration practices, where you're invited to do some active reading, as well as to go back to practices from earlier modules.

Know that "Your thoughts are your message to the world. Just as the rays are the messages of the Sun." Shine bright, and may your thoughts be brilliant, beautiful rays that emit from the TREASURE within. Amit Ray.

And that "Until the time when your light returns back to the universe, you carry the brightness of the stars inside of you. (Kana Shimizu, owner of cafe in Kyoto)

