

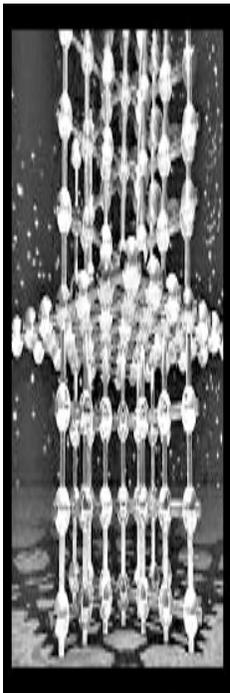
We use so little of our brain's potential & less than 30% of our DNA. How can this be? We are clearly not living up to our potential! We're barely on autopilot. Here is a practice to help turn on some lights, from Dr. Samuel Sagan's ClairVision Mystery School in Australia.

Pulling Up: This is a practice to raise awareness into the mental body of your Higher Self, into a chakra also known as the Point, located outside and directly above your head. Your Point can be used for self-aware reflection, study and to communicate with guides, teachers and your Guardian Angel. It can be used to better understand others who are unable to articulate clearly yet have the thoughtform held in their Point, above their head.



Imagine yourself as a series of selves, packed one into another like those brightly painted, nested, wooden Russian dolls. We are like this too, in the arrangement of our subtle bodies around us. These bodies are shells of energy that surround the physical body, with each one becoming less dense as you move away from the physical. We are inside our Higher Self, who's head is just above ours. Through Pulling Up, we move our consciousness from our mind upward into the mind of our Higher Self.

See yourself in a white column of light that stretches far above you & deep beneath you. This is the One Source column of Light, that flows through everyone.



Along the column of white light, as it flows thru the body, are nodal points where webs of energy radiate outward. These nodal points are chakras and continue along the column above and below the body.

Pulling up raises our awareness from the chakras /nodal points inside the head upwards, above the head and into the first chakra outside the body and directly above the head.

Raise the eyebrows and inhale forcefully thru the nose, drawing the breath right up the nose into the top of the head and lifting up beyond the crown. Be sure to move in a true vertical direction upwards instead of into a slant! On the exhale, don't let the lifting up slip back down. Keep your awareness in the lifted up place. Direct the exhale energy to stabilize the new location of your awareness.

Use the next inhale to raise your awareness even higher in a true vertical direction, over and over, until you come to a natural resting place above your head

This first chakra above the head connects with your Higher Self and serves as a communication portal in your astral body thru which you can access a wider (& deeper) vista of perception and cognition.

Once you move your awareness into this Point above the head, continue to move into the Center of this Point, as you open your receptive awareness. With repetition, it will become easier to Pull Up and maintain awareness in your Point.