



Energetic Possibilities
A Possibility Path Course
Lesson 1

Star Light

“We are the stuff of stars.” - Carl Sagan

There is somewhere deep within us a feeling, a knowing, a belonging to not just this earth that we walk and depend on for life, but the vast space above and around us that supports this earth. We are a part of the universe on a grand scale.

As human beings we can feel that we are separate, that we are only this body on this earth, in this world. In truth we are a wonderful part of an incredible universe that swirls around us in fantastic fashion! All we have to do to access this feeling of belonging to this wondrous universe is to look to the stars. The stars shine bright, beckoning us to pay attention to our place in this vast space of universe we exist within. Their twinkling light shines bright above us, reminding us no matter how alone or separate we feel we are indeed the stuff of stars and connected to the great universe that gives us life.

1. HERE. Get Grounded.

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.

What are you dealing with and what is going through your mind today? Take note.

- How do you feel here, now, today?

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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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