



THE TIME-BODY

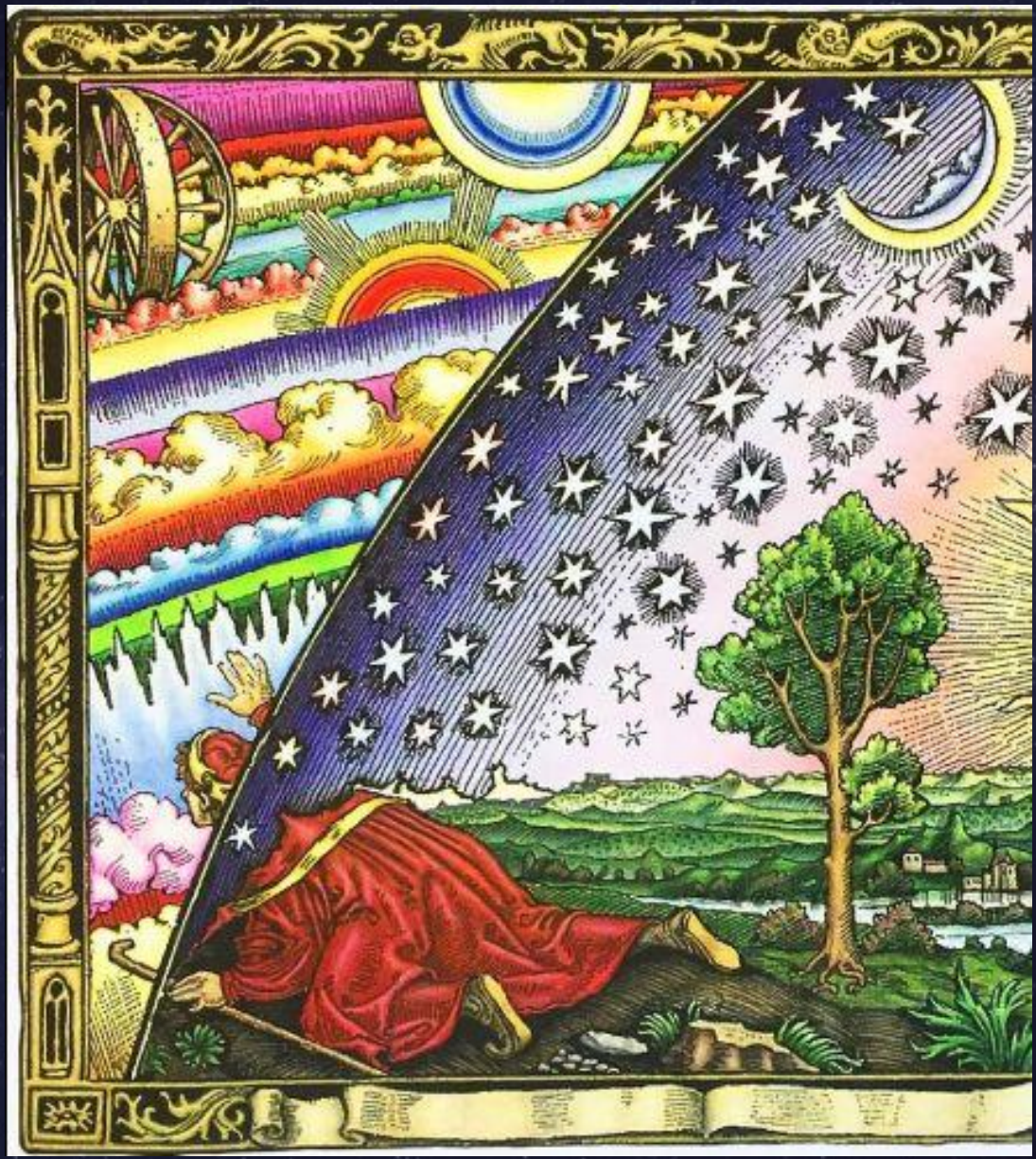
Exploring the Fourth Dimension, Part Two

Thursday, March 25th, 2021

The Journey School

PRACTICE WORKING WITH TIME-BODY

1. Read and re-read this week's email.
2. Practice gathering your attention and memory with a distinct point of reference in this present moment, and return to a moment or event in your past time-line. Be with yourself there. Observe what it is like to be present to yourself in the past from the future. How does it feel? What thoughts arise? What sensations? Explore talking to your earlier self from your present self. Similarly, explore listening in the present moment for intimations from your future. What impressions arise?
3. Meditate upon this image...





- Busyness, fidgeting and rushing
- Fears of the future
- Healing in the Now after painful past events
- Wishing in the Now for the future
- Listening in the Now for hints from your future self

HOMEWORK

1. Read: Throughout this week, re-read this email several times, slowly. Pausing as needed to ponder. Slowly digest the ideas. Notice what arises in you.

2, Practice: Choose one or more of the five practical ways of working with the time-body and explore it for yourself. Aim to verify the ideas in your own experience. What works for you? What doesn't?

3, If you haven't already, this month's practice of making amends, is an ideal way to explore work with the time-body.



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