THE WORLD PLATFORM

CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 1 (theme: Presence)

Frequency: Awareness

Consciousness begins the moment we are no longer lost in yesterday or tomorrow.

Practice

1. When you get up in the morning:
   Sit quietly for 5 minutes.
   - breathe slowly
   - feel your heartbeat
   - do nothing else
2. During the day:
   Choose **one simple action** (walking, drinking water, washing hands) and do it in full awareness.
3. Evening reflection:
   Where was I truly **present** today?

Activation Sentence

Today I return to the present moment — the doorway to Consciousness.