

## Greater Mind Expansion

Stepping out of the “head brain” and into the Greater Mind gives you access to your larger more expanded consciousness. This is the home of your genius- the place where you are bigger than figuring it out- more than your limitations- beyond your small self. This reactive part of your subtle anatomy is the Template, the Sacred Anatomy nervous system. You can learn to navigate it!

Knowing how to use the Greater Mind Expansion is doing exactly that. This Expansion supports creativity, spiritual availability and relieves nervousness. It is an expanded altered state accomplished without years of meditation or drugs. It can be the end of “trying” and the beginning of being. Taking action from here is empowering.

1. Take 3 deep cleansing breaths.
2. Place your hands on your skull and feel the heat and business of your brain. Notice the tightness of your head, how much space your busy mind takes up inside of your brain. Be aware of how little room you have in there and how intensely active your brain is all the time. Keep your hands on your head.
3. Feel the awareness of your mind, organizing, worrying, making plans, going over lists and let the mind take over the head brain.
4. Let your mind push up against the skull in an expansion. Even let it go right out into your hands. Let your mind continue to expand out so far that it pushes your hands away from your head.
5. Feel the Greater Mind free itself from the confines of your head and move “out” in your sacred anatomy all around your physical body. Sense the Mind as it expands and you relax.
6. Your mind is now inhabiting the Template which is the subtle nervous system.
7. Let your Greater Mind continue to expand to the edge of the Template (about 18-20 feet out from your physical body) on all sides.
8. Explore any activity from this place. Relax as you allow creative solutions to arise. Notice and feel into the fun of being in your genius as it produces an internal shift.