

Step Six

Directions For Walking Infinity

A.

Lay Infinity Loop On Floor In Front Of You

Indicate Which Opposite Is Being Held By Which Loop

Note Where The Strengths & Weaknesses Of Both Are Residing

Remember The Correct Direction Of The Flow Around The Loop

B.

Connect With The Larger Living System In Your Own Way

C.

Remember The Sentence You're Going To Say Out Loud As You Walk Around Your Loop

- I Can Allow Both _____ and _____.

Two Choices For 2nd Sentence:

Neither Is Who I Am

I Am Both And More

D.

*Start Mp3 And Play It As You Walk Around The Loop,
Simultaneously Saying Your Sentences Out Loud*

E.

*When You Feel You Can Easily Sail Through All The
Landmarks, Come To The Center Point Again And Stop*

F.

*Notice The Difference In How You Feel About Each Of The
Opposites Now.*

G.

*Allow An Image Or Symbol To Arise That Represents Your New
Relationship To This IPP and U.D.*

H.

Pick Up Loop Off The Floor & Pack Away For Future Use

I.

Test: Try To Evoke Past Level Of Heightened Emotional Charge By Re-running Scenarios & Dialogue That Triggered It In The Past – And – Enjoy Failing Being Able To Do So.