

## The Black Hole and Cognitive Dissonance

### Breathing:

In through your nose, out through your mouth (3x)

Hands over your heart - I am ready to receive whatever I need to receive. I'm ready to see whatever I need to see. I am ready to offer whatever I need to offer.

Feel your heart. Another breath in and out. Solidify the energy and intention in your heart.

### Cognitive Dissonance definitions:

- anxiety that results from simultaneously holding contradictory or otherwise incompatible attitudes, beliefs, or the like, as when one likes a person but disapproves strongly of one of his or her habits
- psychological conflict resulting from incongruous beliefs and attitudes held simultaneously
- the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change

### Black Holes definitions:

- a region of space having a gravitational field so intense that no matter or radiation can escape
- a celestial object that has a gravitational field so strong that light cannot escape it and that is believed to be created especially in the collapse of a very massive star
- A massive star in the last phase of its evolution, in which the star collapses, creating a volume of spacetime with a gravitational field so intense that its escape velocity equals or exceeds that of light
- A great void; an abyss

### 3 visions:

- Yellow canary flying in the bird cage feeling frustrated, anticipation because the opening to the cage wasn't evident yet
- Someone treading water while hanging on to the side of a boat, struggling, feeling tired and weary. The person could get into the boat but wasn't.
- 3-D invisible box with an open door, I'm stepping over the threshold of the doorway into this huge and vast space of newness. Feeling anticipation, excitement, fear because of all of the newness. I knew in the "nothingness was everything" because it was all new.

### Meaning:

- It's a time of breaking free, breaking out of the old.
- We're weary and tired from all the movement, but we're not getting anywhere.
- We're stepping into a new space that we haven't known before.

### Alechemizing:

- Taking something that we already know and we're adding new things to it to make something new
- Bridging the gap from the old to the new

As the old starts to break-down and no longer work, we're faced with a potential cognitive dissonance in our psyche. Especially if we hold those old systems, people, relationships in high regard as being truth for us.

We aren't privy to seeing everything behind the scenes and having transparent information available to us from certain structures and systems of authority. When a break-down occurs, we can be left feeling hurt, confused, or betrayed.

This can cause a breakdown to our foundational core of trust, hope and belief.

Intuition:

- When we don't know where or how to move forward during these times, our intuition is key
- Our wisdom inside and know to be true on our own
- Our intuition can feel like home to us
- Helps us know where to go and what to do
- Our intuition is our peace
- We bridge the gap by tapping into our intuition

The Me in the We:

- I am (Me is) part of the collective We
- I have (Me has) certain talents, treasures, skills that are integral for the whole of the We
- Each puzzle piece is unique on its own and as a part of the bigger puzzle picture. The puzzle piece plays an important part of the whole picture.

Visual Meditation Questions:

- How does all of this information resonate with my heart?
- What does my high heart, my heart space, my highest love want me to know about this?
- Ask your highest self, your future self, your most divine self, "what do you want me to know about this time?"
- "What I receive more fully?"
- "What inspires me?"
- "What do I want to create?"
- What is a picture, a feeling, an idea, a direction, a scent, a clue for what you need to do right now in this moment? To help you. To guide you.
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