



OVERVIEW

This New World Portal session focused on **stabilizing choice within the field of oneness**, building directly on the regulatory and integrative groundwork laid in the prior sessions.

Where the 12/22 session emphasized being in the body as a place of neutrality and knowing—allowing the nervous system to settle after a period of accelerated change—the 12/25 session explored what becomes possible once that neutrality stabilizes: an overlapping space (the Vesica Pisces) where human consciousness shaped by separation can meet unified, non-separate fields without overwhelm.

The 12/29 session marked the next step in this progression. With access to oneness now consistently available, Suzy emphasized that the work is no longer about reaching or activating higher states, but about **where attention is placed within the field** and how the nervous system learns to orient to coherence as a lived environment. **Oneness was framed not as a destination, but as an active field in which choice, focus, and regulation directly shape experience.**

Suzy described this moment as one of reclaiming long-held mastery—allowing the central nervous system, mental body, emotional body, and cellular memory to reorganize away from survival-based separation patterns and toward functioning from coherence. Through breath, somatic awareness, and gentle pattern interruption, participants were invited to stabilize oneness in the body and begin 2026 not in preparation, but in expression.

Rather than effort, fixing, or explanation, the invitation was to **choose coherence repeatedly**, allowing the body to remember what it already knows and to move forward from trust rather than habit.

DETAILED NOTES

Opening & Context

The session opened with regulation through breath:

- Inhaling into the heart; Exhaling out 360 degrees or into the Earth
- Broadcasting coherence to any part of the body or nervous system calling for attention

Participants were invited to notice physical signals (heart rate, buzzing, tension) without interpretation. Attention itself was framed as stabilizing.

Oneness as an Active Field of Choice

Suzy described oneness as:

- Fully accessible now
- Available all at once



- Responsive to where attention is placed

Because of this, **attention becomes a creative act**. What is focused on is amplified. Stabilizing the nervous system allows clearer, more coherent choices within this field.

2026 was framed as a year of **functioning from oneness**, rather than preparing for it.

Central Nervous System Reorganization

The core energetic work focused on the central nervous system:

- Sympathetic, parasympathetic, and autonomic systems
- Releasing stress accumulated from eons of navigating separation
- Informing the nervous system that it no longer needs to function primarily in separation

Hands on the heart and gut were used to provide tangible safety signals, helping the body receive the new orientation.

Anything in the nervous system no longer serving was moved into a sphere, blue-starred, cleared, condensed, and reintegrated—allowing reorganization without overwhelm.

Environment, Patterning & Choice

Suzy highlighted how familiar environments reinforce familiar nervous-system responses.

Participants were invited to:

- Interrupt habitual patterns gently
- Do small things differently (routes, responses, choices)
- Notice nervous-system reactions without judgment

Pattern interruption was framed as **biological reset**, not self-improvement.

Even choosing not to engage with chaos (e.g., not answering a familiar distress call) was framed as valid nervous-system regulation.

Autonomic Nervous System & Safety

The autonomic nervous system was addressed directly:

- Automatic reactivity is understandable given long exposure to separation
- No blame or shame is required
- The body needs tangible reassurance that it is safe to orient to oneness

The field of oneness was reframed as a **regulator**, not a destination.



Old autonomic strategies were released using the same sphere → blue star → reintegration process.

Reclaiming Mastery Across Time

Suzy emphasized that mastery of oneness is not new:

- Humanity has known coherence beyond separation in other lifetimes and dimensions
- The nervous system may behave as if it has forgotten
- In truth, that mastery is already present

Participants were guided to **call home** these experiences through breath, bringing them into present-time embodiment.

This remembrance helps neutralize nervous-system stress without mental effort.

Mental & Emotional Body Clearing

The mental and emotional bodies were addressed next:

- Releasing overthinking, emotional strategies, and old survival responses
- Witnessing emotion without assigning meaning
- Allowing joy, bliss, or discomfort to arise without narrative

These aspects were thanked for their service and reintegrated into coherence.

Coherence was described as self-propagating: stabilizing in oneself naturally invites others without effort or superiority.

Cellular Memory & Soul Star Integration

The session moved into higher integration:

- Information held outside the mental/emotional field (for protection) is now able to descend
- Energy from the Soul Star (above the head) was visualized dripping into crown, third eye, throat, and heart
- As higher coherence stabilizes, lower fields feel safe

This was described as **not new information, but remembered truth.**



Trust, Not Knowing & the Unknown

A key theme emerged: This is a powerful time to not know.

Participants were guided to release:

- Fear of the unknown
- Micromanagement strategies
- Distrust formed as survival mechanisms

Lack of trust was framed as incompatible with the current field of support. Old trust patterns were cleared and returned to source, reinforcing embodied wholeness.

Final Integration

The session closed with:

- Breath and toning to anchor the work; Physical movement (wiggling, stretching, rotating);
Encouragement to play with pattern-breaking in daily life

Suzy emphasized ease, curiosity, and humor in the coming days.

She also invited participants to honestly assess their relationship with the NWP community—honoring continuation or completion equally.

Closing Reflection

This session marked a quiet but important threshold. The work is no longer about accessing oneness or stabilizing momentary coherence, but about **living from what is already here**.

Across the past sessions, the body has been invited to settle, to regulate, and to find neutrality. From there, the space in between opened—allowing connection, communication, and co-regulation to arise naturally. This session carried that momentum forward by asking a different question: *now that coherence is available, where will attention rest?*

Suzy emphasized that choice, in this moment, is subtle and ongoing. Each time the nervous system orients toward coherence rather than habit, toward trust rather than vigilance, the field of oneness becomes more embodied. Nothing needs to be forced, fixed, or managed. What is required is presence, willingness, and gentle pattern interruption.

The invitation moving forward is simple: **choose coherence again and again**, allowing the body to remember its own mastery and to step into the coming year from expression rather than preparation.