



OVERVIEW

This session marked the first energetic integration of 2026 and built directly on the stabilization of choice within oneness established on December 29. Where earlier sessions supported nervous-system regulation (12/22), interface between human and unified fields (12/25), and conscious orientation within oneness (12/29), this session focused on **how to meet what is now arriving without reverting to old interpretive frameworks**.

Suzy framed *beginner's mind* as the primary orientation needed for this next phase. As new capacities, perceptions, and experiences emerge, the invitation was to meet them with curiosity, innocence, and presence—rather than categorizing, explaining, or assigning meaning based on separation-era conditioning. The risk identified was subtle but important: placing genuinely new experiences into “old boxes,” thereby carrying outdated patterning forward into a fundamentally new environment.

Beginner's mind was described not as naïveté or lack of wisdom, but as **innocence paired with embodied wisdom**. In this state, the nervous system is able to remain still, receptive, and trusting, allowing higher capacities already present within wholeness to reveal themselves organically. Rather than asking the mind to define what is happening, participants were encouraged to let lived experience answer the questions.

This session reinforced that humanity has crossed a threshold. The work now is not preparation for oneness, but **learning how to live within it without defaulting to survival-based interpretation**. The body, neurology, and cellular memory are actively reorganizing to support this shift.

DETAILED NOTES

Opening Orientation — Entering Beginner's Mind

- The session opened by naming 2026 as a genuinely new environment rather than a continuation of previous cycles.
- Participants were invited to notice where curiosity could replace certainty, and where questions could remain open rather than answered prematurely.
- Breath was used to support this orientation:
 - Inhaling curiosity and innocence into the heart
 - Exhaling presence through all fields of wholeness

Beginner's mind was framed as a conscious choice that prevents new capacities from being filtered through old survival strategies.





Neurology & Curiosity Over Interpretation

- Suzy emphasized that the human nervous system has only just emerged from thousands of years of separation-based conditioning.
- Emotional waves, unfamiliar perceptions, or moments of expanded awareness were normalized.
- The key shift: **experience without story.**
 - Sadness does not need to be labeled
 - Bliss does not imply superiority
 - Confusion does not indicate failure
- Curiosity was positioned as the biological alternative to survival-based meaning-making.

Clearing the Neurological Field

- Participants were guided to gather static noise, overwhelm, and habitual mental activity from the neurological system into a sphere.
- The blue-star process was used:
 - Acknowledging old strategies with gratitude
 - Clearing them through wholeness
 - Reintegration into the nervous system as coherent light
- Stillness of the mind was emphasized as the natural state of beginner's mind.
- In this stillness, awe, wonder, and trust become accessible without effort.

Cellular Memory & Body Elementals

- Conditioning held in cellular memory—across lifetimes—was acknowledged without blame.
- Body elementals were described as ready to release long-held separation imprinting.
- These imprints were gathered, cleared, and reintegrated using the same blue-star process.
- The body's response was noted as relief and renewed openness.

Beginner's mind was described as **igniting awe and wonder at a cellular level**, not as a mental posture.



Innocence Paired With Wisdom

- Suzy clarified that this form of innocence is not untested or unformed.
- It is innocence *with* wisdom, presence, and lived experience.
- This pairing was described as a template for the embodied new human:
 - Mental stillness as coherence
 - Heart presence as lived love
 - Masculine and feminine energies functioning in balance
- In this configuration, wholeness becomes stable and self-supporting.

Expanding Access to Previously Unavailable Fields

- Participants were guided to breathe into concentric fields of consciousness previously held just outside accessible experience.
- Rather than having new information “happen to” the body, participants were invited to **choose to receive** it gently through breath.
- This shift reframed evolution as nurturance rather than disruption.
- Trust emerged not as a concept, but as a natural condition of wholeness.

Central Nervous System Reorientation

- The central nervous system was addressed with compassion for its long role in navigating separation.
- Old survival strategies were acknowledged as necessary and intelligent responses to prior conditions.
- These strategies were cleared and reintegrated as wisdom rather than tension.
- The nervous system was explicitly informed that it is safe to operate from beginner’s mind and curiosity.



Chakra & Meridian Integration

- The session closed with alignment through:
 - Toning from Soul Star to Earth Star and back
 - Clearing static from the chakra system
 - Harmonizing meridian lines, particularly those associated with the nervous system
- Movement (wiggling, stretching, rotating) supported full embodiment of the work.

CLOSING REFLECTION

This session marked a subtle but meaningful threshold. With coherence now accessible and choice stabilized within oneness, the primary task becomes **how to meet what emerges**.

Beginner's mind offers a way to remain present with new capacities without collapsing them into familiar narratives.

Across the recent sequence of sessions, the body has been supported to settle, regulate, and remember. From that foundation, connection and coherence arose naturally. This session extended that arc by emphasizing curiosity over certainty, trust over interpretation, and lived experience over explanation.

Moving forward, the invitation is simple but demanding in its subtlety: to meet each arising moment with innocence and wisdom together, allowing life itself to reveal what is now possible—without forcing meaning, and without carrying the past forward unnecessarily.