



NOTES FROM 01/01/2026 & 01/08/2026 TRIAD MEDITATIONS

with Naomi, Carrie and Asi

Contextual Bridge (December 25 → January 1)

The December 25 meditation concluded with a sense of stabilization and pause. The children appeared as crystalline flowers, each individuated and held within the structure of the dome, suggesting that a long phase of alignment and transformation had come to rest.

The January 1 meditation shifted orientation. Rather than continuing refinement within the same structure, the focus turned toward release and departure from an earlier dimensional frame, allowing a new positioning to emerge.

Triad Meditation — January 1, 2026 Release, transition, and reorientation

The meditation began within the dome. The autistic participants were already present and waiting. Asi acted as the link between the groups, taking each person by the hand. The tree appeared fully transformed, now almost entirely dragon, with only a small portion of trunk visible.

The focus was letting go of the old and the past. Naomi experienced intense light. The guidance was clear: do not look back. The image of Lot's wife arose — a woman without a name — and the instruction was not to turn around or revisit what was being released.

Debris swirled around the group, much of it metallic. Naomi saw shoes among the debris.

A sense emerged that the group had reached a higher plateau, a higher dimension. The dome itself was released from the past dimension. The autistic participants, who had been waiting patiently, then moved forward.

They were experienced as a blue galaxy and began taking the group into this galaxy. The center appeared dark blue, moving to lighter blue and then almost white at the edges. The field carried immense wisdom. Asi and Naomi were recognized as coming from there.

Naomi and Carrie experienced a shift from working with the autistic group to being unified with them. Information was exchanged, even as they were part of that information.

The orientation flipped. Before, the movement had been the past becoming the present. Now, it was the future becoming the present — a 180-degree turn.

The closing perception was of light rays integrating into the present, stabilizing a new vibration.

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Contextual Bridge (January 1 → January 8)

The January 1 meditation marked a release from an earlier frame. The January 8 session unfolds from within that new positioning, focusing on stabilization, communication, and emotional integration rather than further release.

Triad Meditation — January 8, 2026 Stabilization, weaving, and emotional healing

The dome was now experienced as existing in a higher dimension. The tree appeared almost entirely as dragon, and the dragon now held the roots.

The surroundings were lush, filled with greenery and many flowers. The space felt beautiful and coherent.

Naomi entered the dragon/tree and encountered intense white light.

At the same time, SL was weaving a communication net. The net appeared as a gentle, golden, spider-web-like structure connecting the autistic participants with the others. She worked with helpers. The net resembled fiber-optic cables and held a perfect amount of tension. SL appeared very happy with her work.

Several participants were adjusting to the new state. Mate and Mike were transforming. The guidance emphasized quiet, love, and patience. E was working through older, more traditional energy layers and appeared to be struggling somewhat.

The group then formed a circle, holding hands. The circle spun very quickly, becoming a cosmic ring. Each person appeared as a star. This movement carried the quality of emotional healing.

When the spinning completed, there was shared pleasure and appreciation. The group clapped together.

Physically, Asi expressed this completion through sounds of pleasure.

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Closing Reflection

These sessions reflect a careful, layered process that unfolds through relationship, patience, and shared presence. The work moves through trust, attunement, transformation, release, and early stabilization, without skipping steps or forcing resolution.

This is demanding, emotional work, and it is carried with steadiness and care by all involved. What is documented here is not a series of isolated experiences, but a living process that continues to evolve.



APPENDIX A: CONTINUITY PASS (11/29 → 1/8)

Across these sessions, each phase completes before the next begins:

- 11/29 establishes embodied trust and affection.
- 12/11 formalizes attunement within a shared structure.
- 12/18 introduces metamorphosis and collective reception.
- 12/25 processes polarity and transformation through effort and alignment.
- 1/1 releases the prior frame and reorients toward future integration.
- 1/8 reflects early stabilization, communication, and emotional healing within the new field.
- 1/12 reveals the move from *embodied coherence* into **coherence lived fully in, through, and as the physical body**.
 - chest, lungs, rib cage
 - bones and structural holding
 - breath as rhythm rather than regulation
 - joy as a physical capacity

Imagery, roles, and tone evolve consistently. Trees become dragons. Roots shift from shared to held. The autistic participants move from initiators, to guides, to a unified field. The work moves from preparation to integration without contradiction.

Taken together, the sessions form a coherent arc that honors process, timing, and care



APPENDIX B: OVERVIEW

This appendix examines the parallels between two bodies of work unfolding during the same period:

- The Triad Meditations involving Carrie, Asi, Naomi, and others, taking place in Israel between November 29, 2025 and January 8, 2026; and
- The New World Portal and mentorship sessions facilitated by Suzy Miller during December 2025 and early January 2026.

The purpose of this comparison is not to establish causality, hierarchy, or validation between the two. Rather, it is to document a clear resonance in *sequence, orientation, and developmental arc*. Although the languages differ — imaginal and relational in the Triad work, somatic and neurological in the New World Portal work — both appear to be tracking the same transition: a movement from preparation into lived coherence.

What follows is a narrative comparison with annotations indicating where specific sessions align in timing and substance.

Regulation as the Gatekeeper (Triad: 11/29, 12/11, 12/18 | NWP: 12/22, 12/25)

Across both streams, regulation is treated as non-negotiable.

In the early Triad sessions (11/29 and 12/11), trust, affection, and physical ease establish the foundation. The children initiate contact, closeness, and play before any symbolic or structural imagery appears. By 12/18, stillness itself becomes the dominant field — silence with weight — and movement only occurs once that stillness is fully inhabited.

In the New World Portal sessions from 12/22 and 12/25, Suzy articulates the same principle directly: nervous-system regulation is the condition that allows any deeper coherence to be embodied. Regulation is not framed as a preliminary step to move beyond, but as an ongoing orientation that must be returned to repeatedly.

Annotation:

- Triad: 11/29 establishes embodied safety; 12/18 emphasizes stillness and patience.
- NWP: 12/22 “In the Body” session centers regulation as foundational; 12/25 builds from that stabilization.



The Interface Field: Dome and Vesica - (Triad: 12/11 → 1/8 | NWP: 12/25 → 1/6 mentorship)

The appearance of a shared interface space is central in both bodies of work.

In the Triad sessions, the dome emerges on 12/11 as a neutral, shared environment capable of holding difference without overwhelm. Over subsequent sessions, the dome evolves: on 1/1 it is explicitly released from a past dimension, and by 1/8 it is experienced as existing in a higher-dimensional state.

In the New World Portal sessions, Suzy names this same phenomenon as the vesica or overlapping field between separation-based human consciousness and unified fields. By late December, this interface is no longer something being constructed; it is something participants are learning to *inhabit*. In the January 6 mentorship session, this takes the form of two closely adjacent spheres — one human, one representing the children's collective — positioned near enough to communicate without collapse.

Annotation:

- Triad: Dome introduced 12/11; released from past dimension 1/1; stabilized in higher dimension by 1/8. NWP: Vesica emphasized 12/25; sphere-to-sphere proximity described 1/6 mentorship.
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Transformation Through Metabolization, Not Rejection - (Triad: 12/18, 12/25 | NWP: 12/29, 1/1 Q&A)

Both streams treat density as material to be transformed rather than removed.

In the 12/25 Triad meditation, dark, heavy energy rises to meet descending light. Asi engages directly, instructing alignment rather than avoidance. The process is exhausting and deliberate. The darkness is not expelled; it is cleaned and integrated.

In the New World Portal sessions around 12/29 and the 1/1 Q&A, Suzy repeatedly reframes discomfort, fatigue, and emotional intensity as signs of reorganization. Participants are guided away from fixing or pushing, and toward allowing density to surface and dissolve through presence and neutrality.

Annotation:

- Triad: 12/25 explicit polarity alignment and fatigue.
 - NWP: 12/29 stabilization through choice; 1/1 Q&A emphasizes integration without effort.
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Role Reversal and Orientation Shift - (*Triad: 1/1 | NWP: 1/5*)

The clearest convergence occurs at the turn of the year.

In the January 1 Triad session, Carrie notes a decisive shift: the adults are no longer working *with* the autistic participants, but are now part of the same field. Orientation flips from “past becoming present” to “future becoming present.” The instruction not to look back is explicit and forceful.

In the January 5 New World Portal session, Suzy frames this same shift as entering a new environment altogether. The emphasis is on beginner’s mind — not as innocence without wisdom, but as the capacity to experience without sorting new information into old frameworks.

Annotation:

- Triad: 1/1 “do not look back,” future → present orientation.
- NWP: 1/5 “new beginning,” beginner’s mind emphasized.

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Communication Infrastructure

(*Triad: 1/8 | NWP: 1/6 mentorship*)

By early January, both bodies of work begin describing stabilized communication structures.

In the January 8 Triad meditation, SL weaves a golden, fiber-optic-like net with perfect tension, connecting autistic participants and adults. The work is careful, precise, and joyful.

In the January 6 mentorship session, Suzy describes the formation of coherent spheres positioned in close proximity — a structural condition that allows communication without overwhelm or collapse.

Annotation:

- Triad: 1/8 golden communication net.
- NWP: 1/6 adjacent spheres described as a new configuration.



Embodied Completion and Pleasure - (Triad: 12/25, 1/8 | NWP: 1/8 Inner Aspects)

In both streams, the body is treated as the final arbiter of integration.

Triad sessions consistently end with somatic markers: exhaustion after transformation (12/25), emotional healing through spinning (1/8), clapping, and Asi's sounds of pleasure.

In the January 8 Inner Aspects session, Suzy similarly frames fatigue, stillness, relief, and pleasure as signs that reorganization has landed successfully.

Annotation:

- Triad: 12/25 fatigue; 1/8 pleasure and emotional release.
- NWP: 1/8 Inner Aspects session emphasizes embodied markers.

Embodiment Moves From Somatic Markers to Structural Living - (Triad: 1/8 | NWP: 1/12)

In the January 8 Triad meditation, embodiment is expressed through emotional healing, shared movement, pleasure, and sound. The body signals completion through joy, ease, and satisfaction. This marks a successful landing of prior transformational work.

The January 12 New World Portal session extends this embodiment further into the physical structure itself. Rather than tracking emotional or energetic release, the focus moves into the chest cavity, lungs, rib cage, bones, and biofield layers that have historically constrained ease, breath, and joy. Coherence is no longer something the body responds to; it is something the body *inhabits structurally*.

Where earlier sessions emphasized regulation and neutrality, this session emphasizes expansion — dismantling subtle protective veils and allowing the body's architecture to participate fully in coherence. Breath, bone, and biofield are treated as active partners in embodiment, not passive containers.

Taken together, this suggests a shared progression: from emotional and energetic integration into a quieter, deeper phase where the body reorganizes its fundamental holding patterns to sustain coherence without effort.



CLOSING SYNTHESIS

Taken together, these annotations show that the Triad Meditations and the New World Portal sessions are not isolated or contradictory, but structurally aligned. They appear to be observing the same transition from different vantage points: one intimate and relational, the other collective and somatic.

The value of holding them side by side is not to collapse them into a single explanation, but to recognize how each illuminates the other — offering a fuller picture of a complex, ongoing shift into lived coherence.



APPENDIX C: STRUCTURAL ALIGNMENT MAP: TRIAD MEDITATIONS & NWP SESSIONS

Orientation

This schematic appendix provides a structural overview of how the Triad Meditation sessions and the New World Portal sessions align across time and function. It is intended as a reference tool, not a narrative analysis.

1. Timeline of Key Transitions

Date	Triad Meditations (Israel)	New World Portal / Mentorship
11/29/25	Trust, affection, embodied safety established	—
12/11/25	Dome emerges; tree–dragon hybrid	—
12/18/25	Stillness; metamorphosis; collective reception	Regulation emphasized; interface forming
12/22/25	—	Regulation in the body
12/25/25	Polarity alignment; fatigue; crystalline flowers	Meeting in the middle; vesica stabilized
12/29/25	—	Stabilization through choice
1/1/26	Release of past frame; future → present	Integration without effort; threshold crossed
1/5/26	—	New beginning; beginner’s mind
1/6/26	—	Sphere proximity; communication coupling
1/8/26	Communication net; emotional healing	Embodied integration; relief and pleasure
1/12/26	—	Coherence embodied in chest, lungs, bones; biofield veils cleared



2. Phase Alignment by Function

Phase	Triad Expression	NWP Expression
Regulation	Stillness, waiting, patience	Nervous-system regulation
Interface	Dome	Vesica / overlap
Transformation	Polarity alignment	Density metabolization
Release	Letting go of past dimension	Leaving old frameworks
Stabilization	Crystalline forms; net weaving	Coherent spheres
Embodiment	Pleasure, emotional healing, sound	Structural embodiment (breath, ribs, bones, biofield)

3. Role & Orientation Shifts

Aspect	Before	After
Adult role	Working with autists	Part of the field
Child role	Initiators / guides	Stabilizing field
Orientation	Past → present	Future → present
Effort	Active alignment	Quiet participation

4. Key Structural Patterns (Summary)

- Regulation precedes interface in both streams
- Transformation occurs through integration, not rejection
- Communication requires structure and tension
- Identity shifts from facilitation to participation
- Embodiment marks completion
- Embodiment progresses from emotional/somatic signals into structural physical integration