

Spiritual Café
Mastering the Art of Living MetaSpiritually
Quantum Wellness

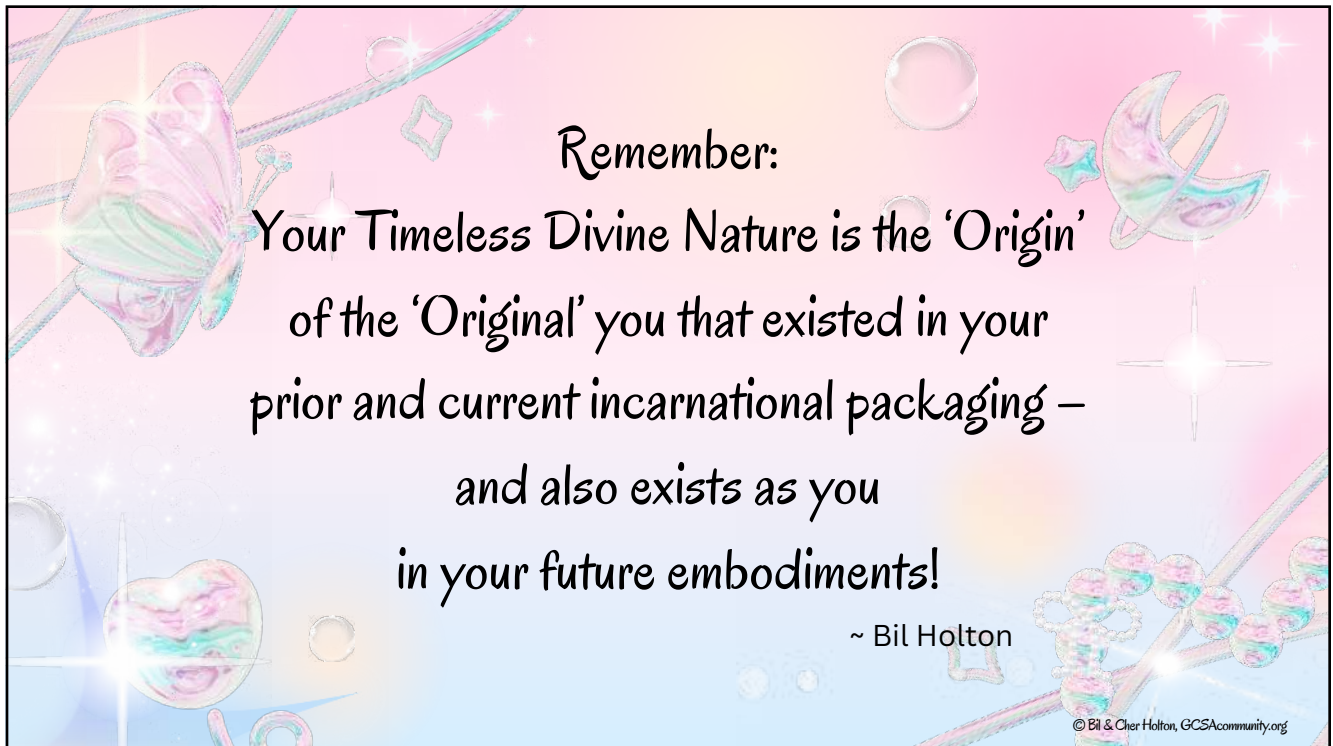
A series that will transform your life in skin school!
with Revs. Drs. Bil & Cher Holton

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MODALITIES

Connecting
with
Your Future
Self/Selves

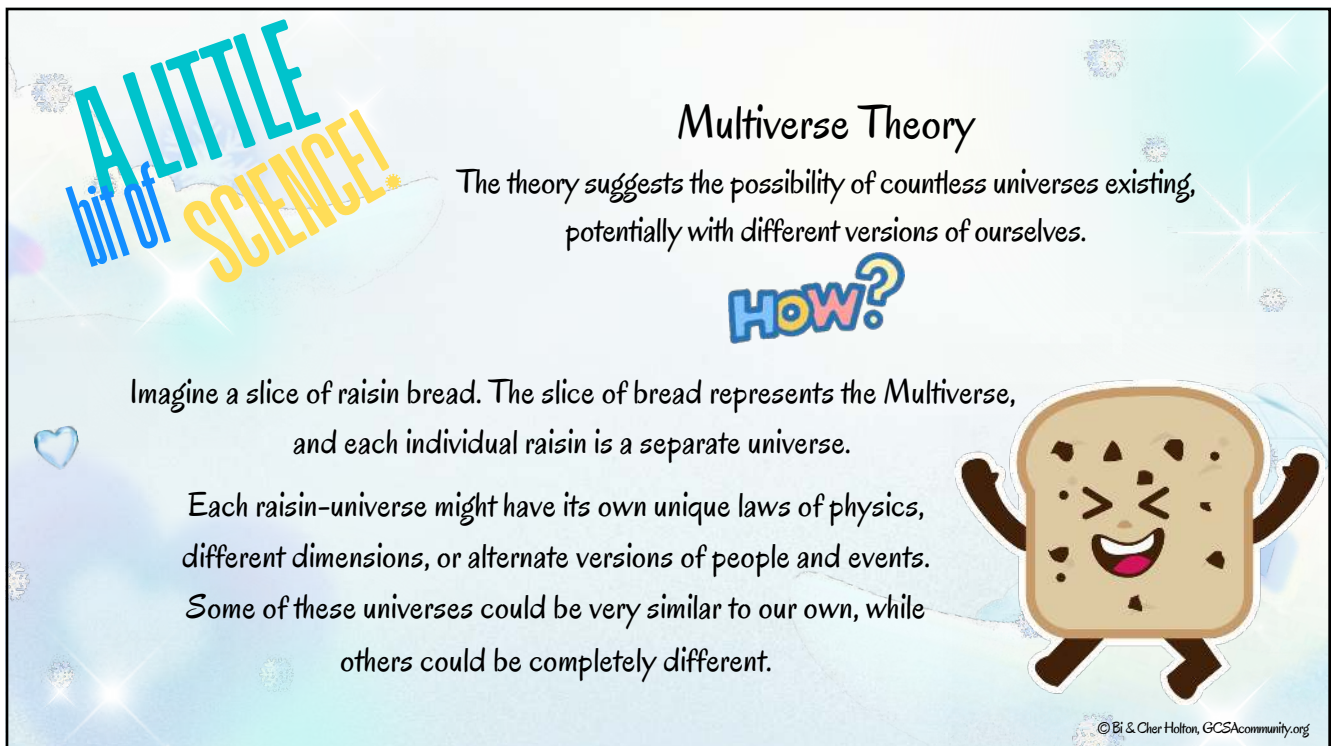
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Remember:
Your Timeless Divine Nature is the 'Origin'
of the 'Original' you that existed in your
prior and current incarnational packaging –
and also exists as you
in your future embodiments!

~ Bil Holton

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**A LITTLE
bit of
SCIENCE!**

Multiverse Theory

The theory suggests the possibility of countless universes existing,
potentially with different versions of ourselves.

HOW?

Imagine a slice of raisin bread. The slice of bread represents the Multiverse,
and each individual raisin is a separate universe.

Each raisin-universe might have its own unique laws of physics,
different dimensions, or alternate versions of people and events.
Some of these universes could be very similar to our own, while
others could be completely different.

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A LITTLE
bit of
SCIENCE!

Quantum Entanglement

Best definition: ***SPOOKY ACTION AT A DISTANCE!***

A phenomenon in quantum physics where two or more particles become linked in such a way that they share the same fate, no matter how far apart they are. What happens to one particle instantly affects the other, as if they are connected by an invisible, instantaneous link.

Imagine you have two magic coins that, no matter where you take them, always land on opposite sides. If you flip one and it lands on heads, you instantly know the other one landed on tails, even if it's on the other side of the universe. They aren't communicating by any known means; their states are just fundamentally linked.



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Déjà vu-ing:

Feeling strongly that a present moment, situation or event is extraordinarily familiar, as if it was experienced prior to your present moment.

*Déjà vu
all over again!*

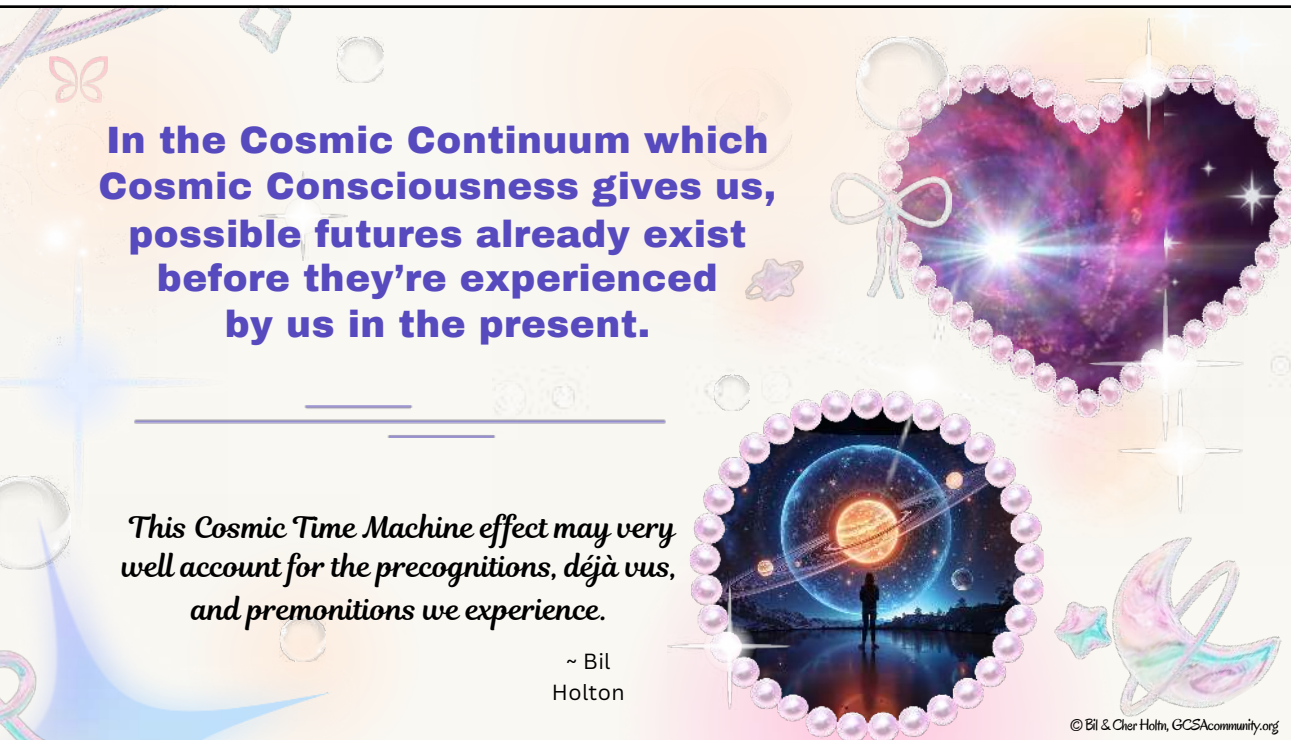


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In the Cosmic Continuum which Cosmic Consciousness gives us, possible futures already exist before they're experienced by us in the present.

This Cosmic Time Machine effect may very well account for the precognitions, déjà vus, and premonitions we experience.

~ Bil Holton



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Oh, what an interesting time-traveled

PSIONIC WEB

we weave ...

When we just allow ourselves **TO BELIEVE!**



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Create Your Soul's Resume

Potential Categories to Include

- Former Incarnations
- Universal Experiences
- Cosmic Wisdom Gained
- Projects in Process
- Karmic Adventures
- Soul Signature References

I ADD VALUE TO THE WORLD



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The Quantum Choice Deck

Alternate Realities!

Use this activity to explore alternate selves in the Multiverse!

Imagine you have just bumped into an alternate version of yourself from a different timeline. This version of you made one different choice, and their whole life unfolded differently!

Use the Choice Cards to identify the persona of your alternate self, and then imagine you are having a conversation, using the questions on the card as a prompt. Notice what the responses tell you about your current journey.



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THE COSMIC LIBRARY

Connecting With Your Alternate Self/Selves

Imagine you are in a magnificent library! This is a mystical place, and the books stretch infinitely in every direction, glowing with every color imaginable. This is a library of lives ... with each book representing an incarnation of your soul journey.



**SEARCH OUT THE SPECIAL SECTION LABELED: FUTURE VOLUMES!
CHOOSE THE BOOK THAT IS GLOWING, CALLING TO YOU.**



- Sit with your book & allow the essence of it to flow through your beingness. Notice the TITLE. What is the feeling?
- Allow the book to fall open to a special page, where a section is raised. What message does that section give you?
- Hold the book to your ear, and listen to the whisper of your Future Self telling you what it most wants you to know.


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Connecting With Your Alternate Self/Selves

TIME TRAVELER'S JOURNAL

This activity provides a profound opportunity to connect with the wisdom of the future. It invites you to approach it with an open mind, and trusting heart.

1. Set an intention to connect with a specific Future Self. It could be further ahead in this lifetime, or it could be a Self in a future incarnation, here or somewhere else in the Multiverse (or beyond!). Be clear where you are focusing.
2. Begin by journaling to this Future Self, sharing something about yourself and where you are currently in your life journey. Then write down one or two burning questions you have for your future self.
3. Turn to a fresh page and switch to a different pen/pencil. Hold it very loosely in your hand and invite your Future Self to write back to you. Just allow it to happen.
4. You will know when this is complete. Put the pen aside, take a breath, and read the beautiful gift from this time travel into the future. Reflect and record your thoughts.



Future

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