

■ Attunement Practice for Oversoul Expansion ■

◇ Attunement Practice for Oversoul Expansion ◇

When the sensation arises of being both “me” and “apart,” use this gentle practice:

1. Pause and Breathe

- Notice both vantage points: the embodied self and the Oversoul witness.
- Take three slow breaths, as if breathing from both perspectives at once.

2. Anchor with a Phrase

Whisper inwardly:

“I am the one who walks, and I am the one who witnesses. Both are me.”

3. Soften into Wholeness

- Feel the tension dissolve.
- Imagine a thread of light connecting your heart to the Oversoul vantage, weaving them into one luminous braid.

4. Return Gently

- If the sensation fades, thank it.
- Know it will return in its own rhythm, each time strengthening your wholeness.

◇ With practice, this becomes the foundation of whole-seeing, until you live as the harmony of both. ◇