



## Lesson 42:

# Expansion and Non-Duality

Opening to the infinite

As we have done so much work in the other stages of the *Cycle of Touch*, it is as if there is no more resistance limiting life force, the primal undulation we have spoken about, from streaming throughout the body. This force seeks to harmonize the expression of every cell of the body as it returns us to our blueprint of health. I believe this life-force is always available to us in the depths of non-resistance.

What does it mean for *the breath to be breathing them*? And what conditions allow this *magnetic breath* to arise?

In the lecture, I identify two sides to the Ignition phase:

- 1) A building of potency and flushing of energy
- 2) An expansion of identity and widening into the infinite

These two aspects can follow each other in sequence or stand alone. They are similar in that both invoke a surrender of self into a larger energy.

What does it mean to *have a reference point of deep spaciousness to lean into*? How might this change someone's life?

Ignition in a sense is a magical phase where we serve as midwife to greater states of expansion — and where the energy is so powerful, miracles can happen.

