



DEPTHS MYSTERY

WHAT LIES WITHIN?

FIFTH DEPTH

WHAT'S THE APPROACH?

What is in motion? What has initiated? What is heading toward you (or what are you heading toward)? What characteristics can you detect? What is the velocity (fast or slow)? What is the proximity (close or far)? Does the approach feel friendly or threatening? Objects in motion can be detected at quite a distance (even out of sight/days+ in advance) with astute perceptive abilities. Through the use of internal detectors, you can sense subtle fluctuations in the field around you. Once detected, assessing the primary waveform will help to determine if the approach is benign or hostile.

WHERE'S THE CONTACT?

Where do waveforms meet? Is it external in the field, on the surface of the body, or deep within? Does this meeting cause consonance or dissonance? Where is the response in your body? Does the incoming wave harmonize with or disturb your natural rhythms? Which part of you receives the contact? Where do you sense the pressure? Does it comfort or concern you? Do you notice any warmth or coldness entering your body? Contact involving excess pressure or extreme temperature ought to be astutely responded to. Always take note if the sensation is welcomed or unwelcomed, and act in accordance to what your instincts are telling you.

WHY RADIATE?

Radiation is a natural bio-emission process. Heat, as well as emotions, tend to radiate off of the body. If you stay connected with the sensation of what you release, you can detect when the waveform comes into contact with other forms. Noticing the contacts your bio-emission makes (before it dissipates) helps to keep you centered and in touch with what you are producing. It also creates an avenue to not only being in touch with it, but to control where it is delivered. You may wish to deliver certain emotions to specific bodies (love to your significant other, appreciation to a plant for its fruit, or frustration to someone who has mistreated you). However being in control of what is delivered is another story. The body will naturally emit its truth whether you speak up for it or not. If you attempt to interfere with this process, there is a chance that it will come out in unpredictable ways, and/or morbidly embed itself internally. It's important to recognize that heat and pressure build from attempting to hold back the natural emission process, and these factors can lead to explosive harm. For the safety of yourself and others, it is essential that you continuously express your organic truth. Finding safe and acceptable means of self-expression allows



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your radiation to diffuse in a healthy manner. Examples of safe expression include art, writing, and music. Examples of unsafe expression include violence, deceit, and self-harm.

HOW TO USE YOUR RADAR

The human body is equipped with a sensory system, which enables the detection of external objects using the perception organs: eyes, ears, skin, nose, & tongue. In a functioning system, people can detect variations in light wavelengths, which translates into seeing colors and contrasts. They can detect subtle variations in nearby air pressure, which translates into hearing. They can detect temperature variation and pressure on the skin, translating into tactile sensations. They can detect aromatic molecules, translating into scents. And their palate can detect five distinct tastes, which translate into a variety of flavors. Take heed of anything that your sensory system notices. It is an alert system designed to inform you of a detected presence. The brain's thalami process this information, and check the amygdalae database, which may trigger a physiological alarm (the flight or fight response) if the sensory stimulus resembles a known danger. You can recognize that an alarm has been triggered if you experience a suddenly fast heartbeat, increased perspiration, halted digestion or a boost of glucose (fuel) to your limbs. The sensory system is a key component of your survival equipment and needs to be respected, regularly used, but not abused. Over stimulation from too many sights, sounds, or other sensations can cause confusion and put you at risk for encountering hazards and life-threatening situations. Whenever your senses alert you, take the time to check it out, and follow-up with additional observations so that you're always confidently aware of situation you're in.

WHEN PATHOLOGY CORRUPTS

Cons, fraud, and trickery are all designed to present a perception to cleverly deceive an audience. With only one sensory organ in use, it's far easier to fall for an illusion, but the more senses utilized, the harder it is to be fooled. The key is to put your full attention into the sensory system, but this is not so easy to do with emotions, decision-making, and other people competing for it. Self-corruption can occur when a person discredits the information received by their sensory organs, brushing it off as non-sense. There is vital information that needs to be gained from each of your perceptions; if it's ignored, a fundamental friction between you and your body's survival reflexes can occur. Your DNA coded cells are programmed to keep you alive and will continue to fight for your attention no matter how much you attempt to suppress it, and can lead to many disruptions.



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If any of the following conditions exist, this could indicate a 5th Depth attention requirement: Heart aches. Ear canal pain. Glandular problems. Perspiration issues. Chakra imbalances. Mistimed expressions. Pretense. Disrespect (not acknowledging or appreciating what others do for you). Friend or foe confusion. Shame. Difficulty initiating or responding to contact. Being deceived or deceiving others. Coercion. Excessive force. Emotionally withdrawn. Insensitive. Manipulating or controlling.

WHO CAN HELP?

Depths Mystery can guide you toward expressing your authentic self with coaching and training. Fully emerge with all of your parts, and feel confident in your Being via contact with your in-depth vitality. Learn how to practice using the bio field to present yourself. Now is the perfect time to show the world who you are!

Art therapists, music teachers, and authentic movement facilitators are great resources to help your inner Being shine. Stylists and designers can help people express their individual tastes. Decorating a part of your living area/work space with unique color preferences, meaningful photos, or special mementos, helps to display that special something to remind you of who you really are.