

THE RABBIT HOLE

This is about intermediate challenges that we face on the path of subjective reality.

It is interesting to note that from here on Pavlina uses the term "Reality" interchangeably with the term "Subjective Reality".

Having tested the inner dimension of Reality we experience enough outcomes to realise there is something there and it is encouraging.

Then, other challenges arise:

- **Lack of consistency** – you lose the flow – the world drags you down.
- **Sense of a loss of power** – feels like something is "drying up" – getting stuck in objective reality.
- **Having strong and unfulfilled desire** – something seems to be blocking you. Maybe its financial, or attracting a partner who is aligned, finding like-minded people. Questions can arise: "So why is this problem here?" "How do I know if subjective reality is hearing me?" "Am I communicating my intentions 'properly'?" "Why is it that what worked for me in the past no longer works for me now?"
- **Getting stuck in a lot of "partial matches"** [situations that are less than perfect – 6/10 rather than 9/10 or 10/10]. You stick with them and you lose the magic.

This dry period can last for years.

The overall pattern is that something feels misaligned – but you can't quite put your finger on it. It feels like something is interfering with your power.

This phase contains a powerful a lesson. We need to understand that the "rules of the simulation" are changing.

We need to understand that as children mature and grow up we need to mature and move away from demanding "give me this, give me that" and try to engage and relate to what's going on.

This is about "getting into a more co-creative phase" of your journey where it's not just about your energy but it's about aligning with the simulation/subjective reality's energy.

It's about listening more than talking.

A good intention to understand it better is to ask: "What do you want from me?" – "What are you inviting me to explore next?"

LESSONS

The lessons in this part of the journey may include things like:

- LISTENING
 - ACCEPTANCE
 - SURRENDER
 - TRUST [especially Trust]
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SOLUTIONS

- 1. Upgrade your relationship with Reality** – stop demanding, and ask what we can co-create together. Start with a fresh outlook. Think of it as a dance. Inner reality does hear you – but it wants you to grow.
- 2. Upgrade your trust** – the more you can trust Reality – the more you trust it as a relationship - the more synchronised and aligned you become.

There are 3 types of trust to cultivate:

- i. Trust that Reality is on your side** – has your best interests at heart – has something it wants to invite you to.
- ii. Trust in your feelings** – when you realise you realise that you are out of alignment - stop thinking what you have been thinking, stop doing what you have been doing – PAUSE and ask for a new direction. Just say: “Invite me to the new?” and let that show up.
- iii. Trust in your own uniqueness** – that your story will evolve – give thanks and appreciation and say “thank you for these challenges”.

If you are carrying “Trust Wounds” – you feel that Reality let you down at some point in your life – you limit yourself especially if you harbour resistance and resentment as this takes you further away from Reality.

Trusting Reality is different to trusting people. People are human and can let you down. Reality never lets you down and can always be trusted.

- 3. Recognise and accept the invitations that are showing up** – if you can be open to saying “YES” to these invitations it can free you up.
- 4. Be coachable!** Allow reality to bring you the lessons you need to learn. Broaden your horizons. Try manifesting in different areas of your life e.g. hobbies. Relax the grip on what isn’t working. Shift/change/adapt/advance through doors that do seem to be open and don’t worry about the closed ones.
- 5. With partial matches [the 6/10s] give reality feedback on what isn’t right for you.** You need to set boundaries and when a partial match comes along to say “No Thank you”.

Be prepared to rest in the nothingness and wait for the alignment to show up.

When something comes along, ask yourself: “Is this helping me grow, or is it keeping me stuck?” Stand up for yourself.

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KEYS TO BUILDING BETTER TRUST

Have better confidence in your desires.

- Invite the full match.
 - Be willing to do something that maybe scary.
 - Engage with your own "Hero's Journey".
 - The more you trust – the more the magic will return.
 - When the "white rabbits"/invitations show up – follow them – even when it's down a path you least expected.
 - Ask for something more than you would if you didn't trust reality so much.
 - Ask for a person/situation/outcome – ask for "bigger" and you will get it - along with a new set of challenges.
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