

# Introduction to The School of the Nine Serpents Homework Review

*If you wish to practice what you've learned during this workshop, you may begin by following the recommendations, below. Please remember that this school is one that you have experienced through many lives in many different ways. Please do not worry about mastering any of the schools, as that is beyond your control. Simply do your best with the suggestions below and you will be amazed at the growth that will naturally reveal itself over time.*

**School 1: School of Thought** – Through meditation, learn to feel the difference between mind and consciousness. You may use the imagery of the sky (representing the One non-polarized consciousness) and the clouds (representing thoughts or ego busyness of the polarized mind).

**School 2: School of Emotion** – Use the *Pyramid Layers of Experience* chart to navigate through challenging circumstances. If you can see how you create stories through your belief systems and how it makes you suffer, you will then be able to navigate out of suffering using this metaphorical map. It takes practice, but it can be very powerful so please practice!

**School 3: School of Pain** – When experiencing pain, learn to see the differences between pain (raw experience) and suffering (the mind's stories and beliefs about the pain, as well as the resistance and rejection of it). Use pain as your teacher, and watch the pain transform when you do. A more advanced practice will be to try to see the pleasure/beauty buried in the painful experience.

**School 4: School of Pleasure** – Learn to experience pleasure as pure sensation in the moment without attachment to its continuance. Allow it to come and go without clinging. Also, closely watch when you reject pleasure, or do not allow yourself to receive because of guilt or other issues. A more advanced practice will be to try to see the pain that is buried in the experience of pleasure. See the paradox and practice the meditation from the workshop in which you experienced pain and pleasure simultaneously—creating a whole new higher-consciousness experience.

**School 5: School of Elements and Sensation** (Physical Incarnation Mastery) – Pay attention to your physical experiences every day. Root your awareness in the now. Breath work can be vital for this. Notice when you are rejecting your human experience. Be in your body by caring for it tenderly and giving it what it needs. Notice if you punish it and why. If you experience physical pain, try to use your breath to breathe into the pain, which can help you understand its experience and further connect you to your body so you can experience a more complete incarnation.

**School 6: School of Personal Identity** (Ego Training) – Remind yourself always of your dual awareness. You are an infinite being having a separated, human experience. Allow both aspects of yourself to be valid. Become intimate with the ego's habits, patterns, and games. Do not judge, punish or hate the ego because that only strengthens it. Love it as a vital part of you as human, but do not allow it to run your life. As you see the ego clearly, your more integrated higher awareness expands. Pay attention to this Higher Self and allow it to express more freely in your life. This will help to cultivate a balance between the separated ego and the Higher Self. Remember that this process is ongoing, so do not become

attached to results. You will know you are progressing as you begin to feel more stable and balanced. Journaling is a wonderful process to help you work in this school.

**School 7: School of Addiction, Attachment and Craving** – Through nonjudgmental self-observation, always watch your patterns. Where do you crave fulfillment outside of yourself? Notice your physical patterns such as caffeine or alcohol as well as your emotional patterns such as craving attention or recognition. These are all addictions. Each time you notice a craving, addiction, or attachment, remind yourself that you do not need anything outside of yourself for fulfillment. (Do not let yourself get stuck in feeling shame or guilt, for those emotions stop you from actually healing this pattern. Honor those feelings and the messages they give you but don't wallow in them). If you wish to do deeper work, journey within to see the wound that created the urge for the addiction. It could be from this life, from other lives, or an ancient wound from original separation.

**School 8: School of Projection and Resistance** (The Reflective Universe and the Hall of Mirrors) – This is an advanced school that many find difficult because the metaphorical hall of mirrors distorts most of what you see until you learn how to see beyond the distortions. The ways to work in this school are many. It is best to work with issues as they arise. If you feel jealousy, anger, or judgment, always know they are reflections of deep wounds within you that need to be recognized. Instead of projecting the negative emotions toward others, look within. If you feel you need to tell others what to believe or how to think, look within at yourself. When you do much of the work in the earlier schools, navigating this school becomes easier and natural. Therefore, mastery of this school comes from cumulative work in the other schools over time, which is why it is an advanced school. However, for simplicity, reminding yourself of the reflective nature of the universe is a key. What you see in others is also within you, even if you don't see it, because you are all one hologram. If a meditation was done for this school, you can practice that meditation as often as you wish.

**School 9: School of Integration** – The simplest way to categorize the work in this school is an integration of shadow and light. As with school 8, this becomes easier when you do the work in the earlier schools. It means welcoming all experiences without judgment or categorization (such as, "This is good. This is bad.") This is the starting point. You may also practice the meditation we did in the workshop for school #9 at the end of the 2<sup>nd</sup> workshop day.

Good luck! This workshop sheet is only a guide. Your Higher Self and inner wisdom will guide you through this school if you listen to that inner voice.

It has been an honor to share this weekend with you!

Much Love  
Lyssa