

THE WORLD PLATFORM



CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 7 (theme: Unity)

Frequency: Oneness

Unity is a direct experience.

Practice

1. When you get up in the morning:
Realize how your life depends on millions of others for water, food, clothing and shelter. Retrace one of those things backwards. Who was involved in the process of providing this to you?
2. During the day:
Try avoiding all judgement for one day, only **observe**.
3. Evening reflection:
Which observation made me feel **connected** and which judgement made me feel **separate**?

Activation Sentence

We are one field expressing as many beings.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.