



Section 2: How Do Updates to Humanity Happen

1. In Section 2 we discussed how others in this reality can participate, even unknowingly, in the updates to humanity, and in supporting those who are incarnating to update humanity. Do you have personal examples of this in your life, perhaps supporting you?
2. How easy or hard is it for you to consider yourself as a being who incarnated to update humanity? Do you find it motivating? Intimidating? If needed, what reassurance would you offer yourself to assist in you in taking your light, your soulful layers, your greatness as seriously as possible?

3. Can you relate to the notion of “I don’t fit in here?” Please explain. Does your answer here make it easier or harder for you to be the light you are? Are there any adjustments you may want to explore here, to help you trust, know and further be the light you are?

4. What historical figures stand out the most obviously to you as someone who seemed designed to update humanity? Can you think of a public and a less-public example? Do you view them as closer to Source than you? Can you perceive them as a peer? Why or why not?

5. If you allow yourself to be still, and imagine the light behind your eyes, beaming from within, what can you most easily imagine your soulful layers wanting to add to this section on how humanity gets updated?

6. Any other thoughts, questions, insights you'd like to capture here?