

Wave IV - Adventure - Explore new experiences, new ideas, new places and new friends. This album provides you with the ultimate expression beyond Freedom -- that of a personally controlled and directed adventure.

Wave IV Learning:

- **Adventure #1: One Year Patterning** - for designing your desired future - requires your thoughtful prior consideration about exactly how and what you desire to be in one year's time. Be sure you REALLY want what you pattern for.
- **Adventure #2: Five Messages**- gain insight into your total self - requires no prior action except to approach the exercise with openness, gratitude and a sensitivity to your perceptions of any nature. Wait until AFTER to analyze and interpret your messages. Such "left brain" functions interfere with your synchronized Focus 12 state.
- **Adventure #3: Free Flow 12** - an unparalleled background for personal exploration - After introducing you to a "beacon guidepost" as your personal reference point, this exercise supports planned, systematic explorations whenever you desire. During these self-directed adventures, experiment creatively with any and all of the methods you have learned.
- **Adventure #4: NVC 1 - Nonverbal Communication (NVC)** - non-verbal communication, the language of intuitive thought - is not body language but rather a primary method of interaction in and among different realities and energy systems. It is a total expression, occurring within the mind and in mind-to-mind exchanges. Begin to build your NVC "vocabulary" with these and other nonphysical perceptions, together with new meanings for familiar perceptions.
- **Adventure #5: NVC II** - broaden perception in all states of your being. Develop your NVC vocabulary to communicating our Affirmation nonverbally. Then you use your expanded awareness to RECEIVE NVC from others.
- **Adventure #6: Compoin**t - establish a reference point for communication with higher consciousness. Compoin is an abbreviation for communications. It is a location you establish along the continuum of consciousness. Your growing NVC skills enable you to use the compoin to gather information, encounter other energy systems, or simply observe. You develop more NVC vocabulary for reaching out, greeting, saying goodbye, and expressing gratitude. It can serve as a convenient rendezvous with your nonphysical friends.