

Working With Your Reading

Turning a reading you can recognize into one you can walk.

CHRISTY PAXTON WADE · THE NAVIGATION MAP

Fill this in as you move through the class. A reading tells you where you are; this is how you begin to stand on it. If you do not have your reading yet, work the example alongside me — the method is the same.

1 The Field I'm walking

A Field is not a label you are — it is terrain you're moving through, and terrain asks something of you. To find its question: name what the Field does, find its verb (receive, cross, set down, make, witness), then ask what it's asking of you now.

THE FIELD MY READING NAMED

THE QUESTION IT IS ASKING ME RIGHT NOW

ONE PLACE IT SHOWED UP THIS WEEK

2 My channel

A register is the channel a thing reaches you through — image and story, clear structure, sensation in the body, or something felt before it has language. Your reading leans toward one or two.

THE REGISTER I MOST RECEIVE THROUGH

WHERE I'VE BEEN LISTENING ON THE WRONG CHANNEL

MY TWO STRONGEST SIGNALS (FROM THE SIGNAL MAP)

3 *My threshold*

The contemplation and the prompt are the part most people skip. They are the part that does the work. Don't answer the contemplation quickly. Carry it.

MY CONTEMPLATION, COPIED OUT IN MY OWN HAND

THE FIRST TRUE SENTENCE THE PROMPT PULLED OUT OF ME

WHAT I'D RATHER NOT WRITE

4 *My week*

One question, asked of the reading each morning for seven days. This is what turns a document into a living map. Write your question once, then mark each day you ask it.

THE QUESTION I'LL ASK EACH MORNING

<input type="checkbox"/>	DAY 1	_____
<input type="checkbox"/>	DAY 2	_____
<input type="checkbox"/>	DAY 3	_____
<input type="checkbox"/>	DAY 4	_____
<input type="checkbox"/>	DAY 5	_____
<input type="checkbox"/>	DAY 6	_____
<input type="checkbox"/>	DAY 7	_____

Don't have your reading yet? It is the personalized map this whole practice runs on — your birth chart, your Gene Keys, and fifty-two statements, read into the terrain you're walking now.

THE SIGNALS READING · \$44 · CHRISTYPAXTONWADE.COM/SIGNALS