



The Intuitive Way **SAMPLE EXERCISES**

The Intuitive Way: The Definitive Guide to Increasing Your Awareness

YOUR HIDDEN COMMUNICATION AGENDAS

1. This week, hold the intention to notice your negative communication and the underlying reasons for it. Pay attention to the negative obsessing that goes on inside your mind, your negative external comments and the negative self-talk directed by your critical mind at some aspect of yourself. What could cause you to want to damage another person? Are you jealous? Hurt? Why'd you give your power away? What can't

you accept? If the other person were sitting with you, hearing you speak, how would they feel? And what might they say to you if they spoke from their heart? Why can't you accept the part of your own self you are criticizing? Could you praise it instead?

2. Do a ruthless examination of the motives behind everything you say this week. To what extent does insecurity prompt you? Do you need attention, to feel accepted or right? If you succeed in each communication, what might you gain by it? Might you be talking to maintain control? Make a practice of "If you can't say something positive, from a clear motivation, don't say anything."

CULTIVATING SURPRISES

1. Write about something or someone who surprised you this week. What was revealed to you about life, or about some hidden aspect of yourself? Then write about how you surprised yourself or someone else this week.

2. This week, emphasize the words Oh, Wow, Ho-ho-ho, Open, Now, So! Notice how your mind responds to the exclamatory "O" sound.

PERSONAL SYMBOLS

1. Make a list of your positive character traits, the things you like about yourself. These traits should describe both the way you do things and the way you are inside. Next to the words and phrases, list images that represent those characteristics. For example, for FREE you might list HORSE, EAGLE, WIND; for INDUSTRIOUS you might list ANT, BEE, BEAVER, HAMMER.

2. Pick the traits you want to use to represent yourself to the business world. How do you want to feel when you're "out there"? What do you want others to notice about you? Design a logo for yourself.

3. Pick the traits you want to use to represent yourself to your mate or a potential soul mate. Design a logo for yourself.

4. Design a meditation symbol or mandala to help you focus on your essence.

DIALOGUING WITH YOUR ORGANS

1. Get quiet and with your journal, pay attention to your body, inside. Which of your organs seems to draw your attention? Perhaps you feel a throbbing in the area of your kidneys, or sense that your lungs are giving off a greenish light. Whichever organ catches your attention, drop your roving eye down into the organ's territory and surround it with an aura of your full and loving attention.

2. Notice the energy state of the organ. Is it tense, hyper, sleepy? What emotional tones can you feel? Does it seem pressured, scared, wistful, lonely?

3. Ask the organ, "What do you need to tell me that I haven't been hearing?" "What are you the most worried about?" "What do you know about the current situation I'm dealing with?" Let the organ talk to you. When it seems complete, thank this part of you and ask it how you will know when it needs to talk to you again.

DEVELOPING YOUR ATTENTION SPAN

1. Think about what you did yesterday. List the activities you concentrated on for the longest time to the shortest time, in descending order. How long did you hold your attention on Activity #1? Activity #2? Activity #3? etc.

2. Think about what breaks your attention span. Is it a stimulus from the outside, like the telephone, or your children wanting attention? Make a list of the most common external stimuli you blame for interrupting you. Or is it a force inside you, like an unnamed restlessness that makes you get up and go to the refrigerator looking for a snack? Make a list of your favorite ways to distract and interrupt yourself.

3. Visualize a situation in which you were concentrating, where you have distracted yourself recently. Just before you interrupted yourself, what did your body feel like? Is there a realization or an experience just under the surface that you're avoiding? Can you remember what triggered your desire to distract yourself? What would you discover if you continued to pay attention?