

EXPANDED INTUITION TRAINING WORKBOOK

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The Changeworks
PO Box 5909
Bend, OR 97708-5909
1-541-382-1894

INTRODUCTION

This workbook and CD series are derived from a workshop called Expanded Intuition Training. The workshop arose from research into the nature and use of a personal resource people call “intuition.” This research consisted of hundreds of interviews with people in all walks of life who use their intuition successfully and routinely. From the research, new techniques emerged for developing and using intuition and these in turn have been taught to hundreds of other people in workshops.

Dr. Milton Erickson, world-famous practitioner of medical and therapeutic hypnosis, was asked late in his career to precisely define hypnosis. His reply was, “You ask me to define hypnosis. I’ve been a practitioner and researcher of hypnosis for over fifty years. My answer to you is this: it’s too early to tell!”

In some ways, trying to precisely define intuition presents a similar problem. Intuition by its nature is difficult to pin down rationally. While most of us have had some direct personal experience with our intuitions, the process by which they come to us seems random, mysterious, and undependable. We also lack a vocabulary for talking about something so subjective as intuition. It is spoken of in vague, poetic, or mystical terms, if it is spoken of at all.

It does not help that the word itself is fairly unspecific. People use the term “intuition” to describe many unconscious capacities. These can range from having a good memory, and drawing upon past experience to being observant, creative, or good at deduction. The word intuition is also applied to experiences commonly thought of as psychic, as well as to mystical and religious realms.

The focus of this research has not been to define intuition in any absolute sense. I think that task is impossible for a number of reasons. What I wanted to know instead is *how* people personally define the word intuition and *how* they most commonly experience and use it as a resource. From this line of questioning emerged generalizations, distinctions and techniques that are quite useful. Rather than seek the absolute truth about intuition, whatever that may be, I tried to discover how people successfully use intuition in their personal and professional lives in the way that one might use a skill.

As such, this approach is not scientific in the sense that it tries to prove or quantify anything. A true, quantifiable scientific understanding of the nature of intuition is probably decades away.

Nor is this approach especially spiritual, though people with spiritual orientations will find much within it that is worthwhile. Much has been written already about the mystical nature of intuition in a way that is meaningful but also contributes to its mysterious reputation.

Instead, the information in this book and CD series is meant to be rather plain, “without the trimmings”, as one workshop participant said. I have tried to make distinctions that are clear, commonsensical, and useful. The principal test of this approach will come when you use it to tap your own intuitive powers and make your life better in whatever way you need to. Of course, this depends on your willingness to give yourself over to the practices, to take in the information and exercises, let them carry you, show you things and speak to your needs. As with any enterprise like this, you need to supply your own motivation and be willing to be responsible for whatever you learn from it. This approach, however, has been thoroughly tested. It has worked for many hundreds of people in seminars across the United States.

Dependable access to your intuitive capacities is useful for decision making, problem solving, understanding relationships. You can find creative inspiration, new meanings in life, and expand the limits of the possible. The Training will give you consistent, reliable ways to answer all of your own questions.

THE INTUITIVE EXPERIENCE

Classically in the west, intuition has been the domain and preoccupation of philosophers, psychologists, spiritual leaders, artists, and even sometimes scientists. The philosopher Spinoza called it "a superior way of knowing ultimate truth without the use of prior knowledge or reason." Carl Jung, the famous psychologist, identified it as one of the four basic psychological functions. He defined intuition as the function that "explores the unknown and senses possibilities and implications which may not be readily apparent." Until he died, Albert Einstein maintained that intuition had been the most valuable factor in the process of discovery that went into his scientific work.

In its most general sense, intuition is the capacity to know something directly without the use of rational thought. Because the source of this knowledge is illogical in nature and difficult to identify, many people distrust intuition as a source of ideas, good decisions, creativity, and personal guidance. Yet for all its many names – second sight, sixth sense, gut feeling, instinct – few people know exactly what intuition is. The dictionary defines intuition as "knowledge obtained or the power of knowing without recourse to inference or reasoning; innate or instinctive knowledge; insight, familiarity, a quick or ready insight or apprehension." This definition states or implies many of the subjective ingredients that are present when people experience intuition. Let's look at these elements through the responses on research survey sheets:

1. *There is a sense of being in contact with something inside you that is other than your conscious self.*

"For me, it's an inner knowing without knowing the origin of that knowledge."

"It's a partnership with the internal part/self that knows more than I do and can guide me."

"It's the voice of the inner me giving me directions, hunches, dreams, etc."

2. *Intuition is commonly experienced as something other than reason.*

"It's the ability to know without knowing *how* you know; a knowing without logic or fact."

"For me, it's an unconscious analysis that turns pre-verbal information into productive judgments."

"It's a spontaneous knowing that comes into consciousness without the aid of my formal thought processes."

"The information is just known in an instant, without a preceding logical thought process."

"Natural knowing. Cognition without evidence of rational thought."

"For me, it's learning, knowing, perceiving, without conscious reasoning."

3. *Intuition has a spontaneous and rapid quality to it.*

"When I approach a new situation, I instantly have an insight without really thinking about what is going on."

"An unplanned, successful solution to a problem that occurs unexpectedly. My intuitions are sudden, quick, fleeting, and frequently ignored."

"A sensed instinct about what is so; it occurs before I notice what subtle evidence I was responding to."

"An insight or awareness that is not the result of my reasoning; ideas that come into my head out of the blue, a rapid knowing."

4. *Intuitions have a quality of independence and behave differently from personal thoughts,*

ego-projection, and wish fulfillments.

"My projections are repetitive, consistent with my personal themes, and the biases in my life, whereas intuitions are often surprising, and hard to understand at first."

"My projections have with them a sense of self; it's hard to explain. I know there's a *me* thinking my thoughts. With intuition, there's no me."

"Intuitive ideas just come to me and then I have my thoughts and opinions *about* them."

"I notice a different feeling from a deliberately made-up mental image. I usually feel my intuitive images in my torso; the made-up ones I feel in my chest."

"My intuition is rarely visual. Sometimes it's auditory and sometimes I get feeling impressions. So a visual image is usually something I create myself."

"My intuitions are sort of like rushes. Like, 'Oh, I've got a bright idea.' I suppose they're visual, but I'm more aware of the thrill and excitement, the feeling that I have an idea that just might fit in. My regular thoughts don't feel that way."

"I get intuitive information several ways. Sometimes my 'eyes are opened' and everything gets really sharply outlined and clear. There is also a feeling of expansion in my gut. The opposite of this state is a kind of blindness; my vision is sort of clouded and fuzzy and there is a gut feeling of tightness and constriction. This is associated with thinking."

5. *Intuitions come through normal sensory channels.*

Just as our conscious thoughts and awareness are experienced through some combination of what we see, hear, feel, taste, and smell, so do our intuitions take consistent sensory form. English expressions like, "I have a gut feeling about this" or "my little voice told me" contain sensory references to feeling and hearing. Most intuitions come through the three primary senses: visual, auditory, and kinesthetic (feeling), and to a lesser extent through smell and taste.

Visual Intuitions

"I get instant insight. Knowledge will surface immediately and then I get a feeling of awe."

"It leaps out at me suddenly. It's a vivid flash of realization."

"I get quick flashes. Then I see the total picture of something."

"I have hazy, fleeting images. When I stop and focus on them, the images change into movies which I watch and can learn from."

Auditory Intuitions

"I have a little voice. It's calm and well modulated, but I can't tell if it's male or female really. It centers right behind my ear when it has a positive message. Other times, it actually raises up in my head and becomes higher in tone, and has a lighter quality."

"Mine is a voice that gives me a direction or an answer to a question or a problem I have. Sometimes it comes through stronger and louder than other times."

"I sense my inner voice as being deep and rich. It comes through loudly sometimes. Things that come through like that are things that I ignore at first; after a while, the voice gets louder and I pay attention."

Kinesthetic Intuitions

"Sometimes it's just a firm belief, like a physical feeling of sureness throughout my chest and

belly. There's no tension; it's like being in the right place at the right time."

"I usually have a strong feeling through my midline. I begin acting spontaneously in a way that turns out to be perfectly appropriate to the situation. I never know why I felt it to begin with."

"Gut feelings come and steer me; it's a feeling of literally being pulled in one direction instead of another."

Smell and Taste

"Sometimes there's a scent that just comes to me really strong and I'm able to identify that it relates to a situation. I often say that I'm just 'following my nose.'"

"I get a real nice series of smells sometimes when things are positive. Something that doesn't smell right says that things are negative immediately my nose turns away. Like there's something fishy."

"Sometimes a situation or a person will be literally distasteful. They will leave a bad taste in my mouth. Once in a while, I get a sweet taste when things are good. I know this sounds weird, but experience has taught me to pay attention when it happens."

6. *Intuitions have distinctive sensory characteristics.*

VISUAL - For many people, intuitive insights will have a noticeable quality of brightness and clarity:

"It leaps out at me suddenly. It's a vivid flash of realization and then I have some new insight into a problem, situation, or person."

"It's like that old cartoon of a light bulb going on in your head. I just see something with unusual clarity. It's often more colorful, too."

"Sometimes my 'eyes are opened' and everything around me gets outlined clearly."

For others, the insights are dim:

"They're murky; I don't see the images clearly, but I get a feeling for what they mean."

Often visual intuitions will be panoramic or large in scope:

"Sometimes I'll see an instant overview of the situation. It literally takes my breath away. I sit poised and quiet and watch what I'm being shown."

"I get instant flashes. I see the total picture of something, the "big picture", I guess."

"I'm just surrounded by it. It's as if a curtain lifts and I can see aspects of it all around me, projected on a 360° screen."

Or vision may narrow instead:

"I suddenly have the ability to zero in on what's happening. It's almost like tunnel vision."

Intuitive images will also have a *location* in space relative to your point of view; some people see them inside their head, some in front or off to one side or another. The images will also have a distance when they are outside of you. You might notice whether they are one foot away, three feet away, etc. Sometimes they move towards or away from you. Also, your eyes

will tend to move in the same direction whenever you are using your intuition. It helps to know specifically *where* to deliberately look when you need intuitive insights.

Visual intuitions may be more or less colorful than regular thoughts, larger in perceived size, have more dimensionality, have motion like movies, or be hazy, abstract, and stationary. It all depends on the individual; as you work with the CDs, you will discover your own unique sensory combination. There is no right way to experience intuition.

AUDITORY - Many people who experience intuition auditorily have a “little voice” which speaks to them. The voice may be loud:

“Mine is a voice that gives me a direction or an answer to a question I have. Sometimes it comes through stronger and louder than at other times.”

Or quiet:

“My little voice will nag me. I can’t quite hear it if I’m doing other things. I have to stop what I’m doing and tune in.”

Intuitive voices sometimes have forceful, commanding tones, especially when warning about something dangerous. Most often, however, they sound neutral and unemotional. Often, auditory intuition takes the form of phrases or word summaries. For instance:

“Words will just ‘occur’ to me – they’ll be statements or almost poetic phrases about something I’m dealing with. If I use what I’m given, I’m always pleased with the results.”

“I hear words or a sentence that usually later proves to be connected to something that happens.”

As with visual intuitions, inner voices will have locations in space. Many people hear their voice inside their heads. For others, the voice is off to the right or left as if someone is whispering in their ear. Some people tune into their voices by attending to particular parts of their body. Phrases like, “Listen to your gut,” and the “still, small, quiet voice of the heart,” refer to the body locations of inner voices.

Two other auditory forms of intuition merit mention. One is song – intuitive information is often carried by the music we unconsciously play in our heads. Also, the lyrics to songs we sing to ourselves may have meaning and contain phrases or word summaries relevant to something in our lives.

The other form of auditory intuition occurs while speaking out loud:

“I hear myself saying something that turns out to be true. It’s like making a lucky guess – you’re as surprised as anyone else that it’s correct.”

KINESTHETIC - Most people experience intuitive feelings at specific places in their bodies. The most common two places are the solar plexus (the “gut” in “gut feelings”), and the chest (as in “listening to your heart”). Other places include the throat, forehead, and top of the head. For instance:

“If it’s a hunch, it’s in my stomach area. I usually feel strongly enough to check it out.”

“The intuition is just a firm belief, like a physical feeling of sureness throughout my chest and belly. There’s no tension; it’s like being in the right place at the right time.”

Sometimes there are overall kinesthetic skin sensations:

"Whenever I think of something that is just wildly true, all the hair on my arm feels like it stands up. Occasionally, something upsetting will make my skin crawl."

There may also be a felt sense in space around the body. Some people experience intuition spatially as though there is a field of vibration around their body:

"It's like I have a force field out in front of me and it reacts to things. I've never really thought about it, but this force field is connected to my gut feelings. I feel the vibration from the field in my stomach."

Or there may be an outside pull on the body:

"If it's a direction I should go in, I get a strong pull and will follow it if I can. Usually that works out; it's as though things are working together to get me to the right place at the right time."

Some people also experience intuition through external physical action and external relationship:

"I don't know how to explain this; it's as though there is a connection between the depths of me and whatever is around me. It's like a complete link-up... and there is no resistance. I am at one with the circumstances, acting in harmony."

"I begin acting spontaneously in a way that turns out to be perfectly appropriate to the situation. Strangely enough, I feel absolutely in control, even though I usually define control differently."

"For me, it's like everything just fits. Like the outer world and the inside of me are a matched set. Also, my vision changes; I don't wear glasses, but it's like everything comes into focus."

7. *Intuitions always involve feelings even when they come through other senses.*

Since intuition is unconscious and our physical bodies are directly expressive of unconscious processes, feelings play an important role. Even when intuitions are mainly visual or auditory, there will be a feeling component, a "kinesthetic check". It's generally true that intuiting involves several sensory steps beginning or ending with the body. The kinesthetic check seems to function as a truth check, a way of evaluating the quality of intuitive information.

Here are examples of intuitive experiences that *end* with a kinesthetic check:

"I get words or pictures that give knowledge about a question or concern. When I check them for validity, they feel right."

"A picture and/or word will appear and there is a strong confirming feeling. "

"I get a 'ringing' in one ear, or a voice speaks to me with some sort of message. Sometimes if the message is really important, there are chills down my spine, or a strong inner feeling."

"My 'little voice' will nag me. I can't quite hear it if I'm doing other things, so I have to stop for a moment, feel my insides, and then I can tune into it."

"It's both visual and physical. I feel like I become clear, effervescent and focused, and then things feel true."

When something "feels true," there may be sensations of pleasure, warmth, satisfaction, energy, expansiveness, etc. These are usually felt through the middle of the body, in the midline, chest, and belly or sometimes throughout the body.

Intuitive sequences may also *begin* with a body feeling which is then followed by other sensory steps.

"I get a feeling in the area of my stomach and I search for words to define what the feeling is telling me. Sometimes words just come when I put my attention on the feeling."

"I become aware of a gut feeling that 'wants out.' Then I turn inward and try to see what it's saying."

"I get a feeling of 'familiarity', as if I'm beginning to be aware of something I already know or have experienced before. That is often followed by words, like a spontaneous summary of what is needed, or other times I get a complete picture. This is then followed by either pleasure and excitement, or if I have to face something I've been avoiding, vague apprehension."

"A certain physical signaling occurs for me. I realize that I've had this all my life but got talked out of it by well-meaning adults. I get a good feeling and then there is a color associated with it."

"I usually have a feeling through my midline followed by a clear insight into something."

"I have a feeling of sureness in my 'gut' which then translates itself into words so that I understand it. It usually comes after a period of time has been spent gathering data or information."

"I get a vague feeling of awareness. If I concentrate on it, I see something useful. Then I question how to verify it objectively."

"I get a feeling like a door being opened in my chest. Then my inner voice (or rather my own voice) tells me something about what is going on around me."

"I have a feeling that says, 'This is right.'"

PERSONAL INTUITION (PI)

In general, there seem to be three different types of intuition, each of which will be discussed at length:

Personal Intuition – Knowledge from the personal unconscious that has been taken in, stored and synthesized. This knowledge comes to us intuitively in the form of "gut feelings," creative insights and through our "little voices."

Interpersonal Intuition – Information about other people derived from unconscious observation of their non-verbal behavior. This may take the form of accurate first impressions, and help in being a good judge of character.

Transpersonal Intuition – Also known as ESP, paranormal or psychic phenomena. This is intuitive information about situations, places and people unknown to your personal unconscious. It typically comes in a way that defies ordinary time and space. This would include things like precognitive dreams, remote viewing, synchronicities, etc.

To use your Personal Intuition, in particular, is to access information about a circumstance or situation known to you personally and tapping the total unconscious knowledge you have on that subject.

Personal Intuition presupposes that everyone has a conscious and an unconscious mind and that for any given situation, you will have both conscious and unconscious information about that situation.

My interest in PI arose out of using hypnosis with clients in my private practice. Often a person who has a problem s/he wants to resolve with hypnosis will experience a difference between their conscious and unconscious needs. That is, there is a discrepancy between what they consciously want and what they are actually doing. There may be some “mystery behavior”, for instance, that they engage in which is contradictory to their conscious desires. A hypnotist will use hypnosis to help the client understand the function or purpose of the mystery behavior. One by-product of this approach is that the client begins to pay attention to signals they receive from their bodies and unconscious minds and often become more intuitive.

We generally might define intuition as conscious access to unconscious information, understanding, and capacities. This definition, of course, encompasses much more than just intuition. Most human behavior is functionally unconscious, from reading books to opening doors to riding bicycles. One of your other-than-conscious capacities is exercised every night when you dream – you do it, but you don’t know how you do it. The unconscious exhibits vast capacities which are rarely manifested in our waking behavior.

The way we use the word intuition reflects a number of these capacities.

Deep Memory

There is a mountain of research to indicate that we unconsciously remember nearly everything that happens to us. Under hypnosis, many people are capable of hypermnesia – the ability to remember an incident in uncommonly vivid detail. Hypermnesia is used in forensic hypnosis when police need a witness to recall the scene of a crime. Many people have had strong childhood memories triggered by smells like those of fresh-cut grass, cooking, etc. All the evidence suggests that tremendous quantities of information are recorded and retained by our brains. At various times, when this stored information rises to the surface and informs our actions, we may call it intuition.

For example:

“I’ve had two times now where I wanted a specific item and the volume of material was too much to sort through in the time I had. So I closed my eyes and told myself that I knew exactly which book, paper, or page it was on. Each time I went directly to the information I needed. Exciting!”

“I once watched a friend of mine play chess with a man who was quite good at chess. She knew the basic moves, but she hadn’t played chess since she was ten years old, and she was totally wiping out a very experienced player. He couldn’t figure it out and finally asked her what she was doing. She said, ‘I’m just asking the pieces how they want to move.’”

“In my chiropractic practice, I simply act without knowing why – going straight for a foot to adjust it when I first enter the room and then the patient says that the foot has been bothering him for a while. Or, ‘talking’ with their bodies to determine interventions which prove to be accurate. Or simply knowing for myself which foods to eat and not to eat, and when.”

“I’m a learner. I bring to my business everything I’ve ever sensed, learned, understood. This is like soil; the ground out of which ideas grow. When I have problems, I plant seeds. I take in as much data as I can. I walk around and feel the vibes. I plant seeds, water them, and

forget them, just like with real plants. Later, solutions always come.”

“I had a feeling I should look through the letter basket where I keep bills before putting them in a file. I found a tax bill for some property which I had forgotten to pay, preventing foreclosure on that property.”

“I had just started working at a library and was just getting into all the tasks that I was eventually going to be responsible for, all the things that I didn’t know how to do yet. It was just overwhelming, and part of me thought, ‘You know, a month from now I’m going to be doing all these things just fine with no problem, so why not just kind of relax into it?’ I kind of started identifying that part of me a month later who already knew how to do those things. And, sure enough, a month later I was doing fine.”

Unconscious Sensing

Just as we remember far more than we usually think we do, we also observe more than we realize. Our senses are constantly responding to and taking in vast amounts of information. Even as you read these words, you are likely unaware of most of your sensory experience. There may be sounds in the background, things you see in your peripheral vision, sensations in various parts of your body that you are deleting. Often information that is sensed and received at these unconscious levels will come through to us consciously.

For example:

“Recently, I neglected to check my tires for a long period of time. One morning, I felt it was time to check them, and I found a total flat. If I had driven on it, I’d have risked the chance of a bent rim.”

“An instance of meeting a person at an industry meeting and 18 months later, having a strong sense that this person was interested in selling his business. Call was made and was right on target. Deal was made three months later. No known source for this thought, though I think something was ‘in the air.’”

“The other day, I was shopping, and I remembered I didn’t put any money in the meter. I thought, ‘You’re going to get a ticket.’ Then I thought, ‘No, I’m not going to get a ticket’, and I kept on shopping. When I went back to the car, I’d gotten a ticket. And I got real mad at myself, because I *knew* I was going to get that ticket.”

“At work, I just ‘knew’ something was wrong. When I got in touch with myself, I was aware of a shortage of money in an area of the company where I have no training. Only by my insisting the money was missing did an accountant uncover a \$50,000 error.”

“I went river rafting this summer for the first time and very quickly developed a rapport with the river which surprised me and those I traveled with. Despite the fact that I don’t possess any really unusual physical skills, I was able to navigate our raft much better than the more experienced individuals who were on the trip.”

“Last year, I left a company I had recently started working for because I felt they would not be able to remain in business. Everyone told me I was crazy; the company’s prospects looked really bright. Four months later, they closed up.”

“I had to go out today and two things happened just driving around. First, there was a truck with a lot of stuff on the back, and I knew the stuff was going to fall off and I changed lanes, and it fell off and hit the car that was behind me. Then, I went down the street that I always

go down, and there are never any police, and something came to me and said, 'There's radar on this street.' I happened to be going 50 in a 25 mph zone, so I slowed down. The car in front of me got ticketed, and I was o.k. These things happen to me 50 or 60 times a week."

"When I selected a private school for my son, a lot of research went into it. One option was very appropriate but was just too far away geographically. I decided to wait even though there was a time pressure. One week before school started, another option surfaced which we chose, and it was perfect."

"Once I sold more tickets to a function than there was seating space. I believed it would work out o.k. anyhow. A surprise snowstorm reduced attendance to a comfortable level."

"Several years ago, some friends and I were going camping. The morning we were to leave, I didn't bother to get ready because I knew we wouldn't be going. We didn't, because the car broke down."

"You know how you just find yourself moving to the phone to call someone just as it rings, and they're calling you? Sometimes I just find myself doing things that seem to be very timely and synchronistic. Or you think about someone and you go home, and you open the mailbox and there's a letter. You don't even know that you're being intuitive until the phone rings or the mail comes."

Personal Intuition Development Tips (PI)

- * Give yourself consistent time and permission to daydream and "space out" in appropriate circumstances. Schedule time to take walks and do nothing purposeful.
- * When problem solving, give yourself permission to doodle, sketch, and write down words and phrases that come to you.
- * Keep journals both for your dreams and any waking intuitions you have. Deliberately limit your writing to the intuitive and subjective parts of your awareness.
- * Practice self-hypnosis, meditation, yoga, tai chi, or a softer form of martial arts. Running and swimming are also excellent.
- * Make wild guesses in situations where it's harmless.
- * Practice brainstorming, especially when confused with problems. Try coming up with as many ideas as possible, however absurd or farfetched. Then begin to discriminate between the good ones and the absurd ones.
- * Cultivate silent time without stimulation. Seek situations and places perhaps in the natural world or anywhere else that feeds your inner self.
- * Pay attention to your body, especially the midline of your chest and solar plexus. Deliberately dialog with your body, asking "yes-no" questions. CDs 2, 4, 5.
- * Listen to your inner thoughts. Especially pay attention to songs which may run through your mind; they are sometimes very relevant to what is going on in your life. See CD 2.
- * It helps to adopt a playful positive attitude when possible. Getting serious and worried tends to inhibit intuition. Ask yourself, "How much will this situation matter to me in five years?" Remind yourself that there are always a billion people in China who don't know you and

don't care what you're doing.

- * When possible, give yourself time to gather lots of information about a particular decision. Good decision makers pay attention to seemingly irrelevant details. At some point, forget all about your decision and let your intuition work on it. Decide that you will find help with your decision in the next thing you do. Then flip open a book to a random page, turn on the radio, go to the park and study the clouds and the grass, go to the botanical gardens, climb a hill and look at the view, etc.
- * Look for answers to questions in unlikely places and for connections between disparate problems. Ask yourself if there are any metaphors, stories, or associations that relate to your problem.
- * Check for any objections you may have to using your intuition. Ask, "Are there any objections to using my intuition for this?" Focus in and try to get a feeling for any discomfort you have about being intuitive. CD 3.
- * Find or create situations where you can talk freely to other people about your intuitive life. These could be with friends, by forming a support group, etc.
- * Identify times when you are exceptionally intuitive and anchor them with a squeeze of the hand. This will produce an associational response so that later your intuition can be accessed by squeezing the same hand. CD 3.
- * Discover the physiology of intuition for you: are there any characteristic gestures, postures, actions you take? Do your eyes move anywhere in particular? CD 2.
- * Ask direct questions of your intuition. Remember to phrase them positively and specifically. CDs 2, 4, 5.
- * Remember that you have a partnership with your intuition. Partnership involves give and take and active listening. When you communicate with your intuition, give it room to reply in its own way, just as you would a friend.
- * For one month, ask yourself a question before you go to sleep. Keep something to write with near where you sleep. You might also consider learning to take naps, if you don't already. Many highly intuitive as well as successful people are nappers. CDs 4 and 5.
- * Find ways to suspend judgments, either by noticing them and letting them go by, or refusing to think too much in new situations. Remember: creativity is nothing more than mental freedom.
- * See if you can adopt an open-minded experimental attitude, especially when confronted with what you don't know. In experiments, you try things and get feedback which then leads you to try something more effective. Intuitive and creative problem solvers tend to interpret their results as feedback about a work in progress. Labeling something a "failure" is sometimes premature and rarely useful.

INTERPERSONAL INTUITION (IPI)

At some time or another, practically everyone has had a “first impression” of another person which later turned out to be accurate. To instantly like or dislike someone during a brief initial encounter may not sound rational but the reaction is often accompanied by a strong sense of certainty that is difficult to explain. As always, our conscious minds can later come in and discount what we intuit, but it is surprising how accurate our first impressions can be. This capacity to be intuitive about other people is called Interpersonal Intuition (IPI).

There are probably as many unconscious elements to IPI as there are to other forms of intuition. To begin with, some people are more “people oriented” than others. The world is an interpersonal place for them. While someone else might be strongly oriented towards tasks and activities, a people-oriented person would be mainly sensitive to *who* they were with during an activity rather than the activity itself.

“Experience,” that is to say memory, also plays a part in IPI. Being a “good judge of character” is not always the result of just being people oriented. The fact that each of us has decades of experience relating to other human beings means that vast quantities of information about the behavior and nature of others are at our disposal. People who excel at IPI are often more attuned to this stored data and able to call upon it. They may also have professional contexts in which to do this, either in business, as therapists, teachers, communicators, etc.

But how do some people size other people up so well? The obvious first step involves paying attention to other people and being willing to give credence to all that you sense about them. Becoming “all eyes” and “all ears,” a good observer, listener, and senser, are definite prerequisites to successful IPI. Allowing impressions to come to you, either through images, words, or feelings, and paying attention to these impressions are important for IPI.

In my research, I have also found that people with good IPI consciously observe the *non-verbal* behavior of other people. For example: “It’s more important to me *how* a person says something than what they are saying.” “I listen to what someone says and I watch how they say it, and I compare the two in my feelings.” A therapist in private practice said, “When I first meet a client, I get very receptive and just let them flood me. Then I write down what I get. It’s usually words. These can be about the client’s general emotional condition or relate to something specific in their life. Sometimes it’s spooky.” A businessman said, “I will ‘vibe out’ the other person and try to determine what attitude they’re approaching me with in a negotiation. It’s always accurate.”

In general, good “IPI’ers” pay particular attention to tones of voice, hand gestures, head nod and shakes as well as the overall feeling-quality of the other person. They are especially sensitive to incongruity and have very clear strategies for detecting it. Common examples of incongruity come in polite social situations when someone accepts an invitation but really doesn’t want it, i.e., says yes when they want to say no. The incongruity might then be expressed when the person shakes their head “no” while saying “yes.” One person said that in her family whenever anyone said something sincere or appreciative, they looked away and spoke in a flat tone of voice to the floor. IPI’ers are exceptionally sensitive to these kinds of multiple messages.

Examples of Interpersonal Intuition:

“A lot of times I can tell if somebody else is a musician or not. I’ll be at a department store and a guy will be looking at me and I’ll think he’s a musician. Sometimes it seems kind of like a voice, but there’s also a sense of expansion or a glow or something like that. It feels like it’s on the outside of my skin, like maybe a breeze was blowing across me. Then that kind of alerts me to it, and I hear a voice saying, ‘He’s a musician.’ I almost always ask and it’s always true.”

"I'm a teacher. About five or six months ago, I was doing a weekend workshop with students on a yearbook. We spent many, many hours together. I somehow realized that one of the students had some alcohol with him, and I walked up to him and asked him; he pulled it out of his jacket and gave it to me."

"Last week, I guessed that an airline stewardess on a trans-oceanic flight was originally from northern Indiana, even though she had lived in California for years."

"After a discussion with the young man who manages apartments for me, I felt impelled to open a book to a specific page. When I followed this strong impulse, there was, summarized on the page, a particular problem/conflict he was experiencing in his personal life. We had talked about the weather originally. Later, I hinted about the problem in a roundabout way, and he 'spontaneously' began talking about the problem. I gave him the book to read, and the next day, he brought it back to me excitedly, saying that he had solved his problem."

"When I first got my job, I watched someone calmly discuss a situation with a colleague. I just knew the colleague would explode in rage and he did. I experimented with communicating with the man in a blunt, aggressive style and it works. We have never had a problem in several years of working together. Getting along with him is vital to my job, and he is notoriously difficult to deal with. But not for me."

"Today, I apparently intuited that the first person I asked would know the location of a religious book store I was looking for. I'm new to this area, saw this person on the street and just 'knew' he would know."

"I was curious to know who a friend of mine had become romantically involved with. All I knew was that she attended the same school I do. Recently, I was assisting at a school ceremony, and I had a 'flash' about a woman in the group as being the one I was looking for. It turned out I was right. She is someone I do not know."

"In working therapeutically with a client, I described a 'past life' to her. It was a series of images that kept coming to me about a nurse in World War II. It turned out she had had recurring dreams about it since childhood, even some of the cities in France where the images took place were the same as her dreams."

"I was in a counseling session with a fifteen-year-old girl and had reached an impasse. I closed down my own noise, static, etc., reached out mentally and found fear – not what I had expected. I worked with that and she had a real breakthrough. I've had lots of moments of intuition in working with kids, but never before such a palpable sense of that kind of perceiving. I love being able to do that at will now."

Interpersonal Intuition Development Tips (IPI)

- * Pay attention to first impressions both of people you meet and new situations. Try to sum up your reaction to the new person or situation in three words. CD 6.
- * Practice noticing non-verbal behavior. You can pick one aspect a day ...head movements, hand movements, posture shifts, skin-color changes, voice tone, voice tempo. It's easier to do this in situations that do not require your direct participation, i.e., watching people in meetings, restaurants, etc. TV talk shows are ideal: try turning off the sound during interviews as you guess what they are talking about. Then turn the sound back on.
- * Practice making predictions and guesses about what people will do in certain circumstances. Guess what someone will wear to work, what they will talk about on a coffee break, what their mother and father were like.

- * If you have a VCR, rent mystery movies and stop the action at various points and try to guess the outcome of the mystery. This can be done alone or with friends. Also, read or reread Sherlock Holmes.
- * Go through photographs of people you know or remember. Look deeply into their eyes and come up with one word which describes the emotion of that person. Also, cover half of the face in the photo, then the other half. Is there any difference between the expressive quality of each eye? Many people see more emotion in one eye.
- * Walk a mile in someone's shoes. Remember an argument you once had with someone and try to imagine what they felt like arguing with you. What does it feel like to be them? How do they feel their perspective is justified? What is their basic desire in the situation with you? For a real challenge, try this with someone you intensely dislike.

TRANSPERSONAL INTUITION (TPI)

Transpersonal Intuition is different from PI and IPI in that the quality of the intuitive information seems to defy ordinary notions of time and space. Whereas Personal Intuition can often be traced back to information that you probably already had but did not recognize, Transpersonal Intuition originates from a source far more remote. Instead of consulting your intuition on a subject already known to you personally, you might be able to get accurate information about an unknown situation brought to you by someone else.

To many people, of course, this sounds weird, strange, or unlikely; the apparent source of TPI is so far from our daily sensory reality as to sound magical. Yet a 1984 Gallup poll found that roughly one in two Americans have had at least one experience they consider to be psychic.

More than 100 colleges in the United States offer courses in parapsychology. Both the Soviet and American militaries have extensively researched TPI, and many police departments employ psychics to track down missing people.

Another 1987 poll by the National Opinion Research Council found that 67% of the American public have had psychic or ESP experiences. This is up from 58% in 1973, so either more people are having such experiences or more are willing to admit to them.

Still, scientific research into TPI phenomena has been going on for 50 years, and the sum of it is spectacularly inconclusive. Any thorough scientific acceptance and understanding of TPI is probably 10 to 20 years away. The current postulated explanations for how TPI works are fairly far-fetched with respect to our daily sense of reality. They range from speculations about the existence of a "sixth sense," to the existence of unseen, interconnected energy fields, to theories based on the interactions of various parts of the brain.

Some people believe that TPI may merely be a product of highly refined sensory capacities that, theoretically, everyone has. Blind people, for instance, have highly developed hearing, kinesthetics, and smell, and can make sensory distinctions so refined that they may well be ESP to the rest of us. There may be no need to postulate the existence of a sixth sense when no one knows the limits of our existing five. Even psychics say their information comes through the known senses.

It may be, also, that what we call "Extra Sensory" is just a statement of where we put a fence around perception culturally. In some cultures, getting accurate information about a situation personally unknown to the perceiver is as normal as our seeing a live news report from half way around the world.

Whatever scientific explanations may eventually emerge are secondary to our purposes here. Your intuition can be developed to improve the quality of your life now. You can use the TPI techniques

in the CDs to continue to develop your Personal Intuition. The CDs will work, as all of these techniques do, to answer questions, make better decisions, improve relationships, and so on.

If you are slightly more adventuresome and want to acquire skills that many people consider impossible, they can be learned in a couple of hours (see CD 6). Whether you want to get information for your own life or wish to try learning about “outside” situations, the results will be just as effective.

My own interest in TPI began one morning several years ago when I sat down with a woman I’d never met and listened as she described my general life situation, personality traits, and relationships in vivid, accurate detail. She did this with no prior knowledge of me, no information offered, and with her eyes closed.

For a birthday present, I was given a visit to a woman who gave “psychic readings.” I was, of course, skeptical that a total stranger could offer me anything of value, but several of my friends insisted that their visits with her had yielded highly useful results. I decided I would just try it as an experiment and enjoy myself.

One question I had was whether this woman’s capacity was simply based on her being a good psychologist, a good IPIer. I knew from my own experience that it is possible to make very astute, accurate guesses about the personalities of strangers based on their voice tones, body language, and physiology. I had decided that I would go into the reading poker-faced, giving away as little as possible, controlling my non-verbal behavior as much as I could.

In fact, the woman initially seemed annoyed by my physical presence. She met me at the door with a gruff, uninterested manner. When we sat down, she closed her eyes and ignored me. It was as though I were some flying insect let loose in the room, an irritant to her concentration and far less interesting than her internal imagery. She asked no questions, neither watched nor listened to me. After ten minutes or so, she began to give me the reading.

For some reason, the fact that a perfect stranger could pluck accurate information about me seemingly off the ceiling was not surprising. Life has often been vaster than my capacity to misunderstand it and, besides, I remembered having done the same thing on a few exceptional occasions. But this woman gave readings for a living; that meant that she would assess “outside” information consistently and systematically. It was a skill. I left her office wondering, “How does she do it? What kinds of sensory sequences might be involved?” To satisfy my curiosity, I signed up for classes, scheduled other readings, and embarked on what I called “The Psychic Modeling Project.”

To my astonishment, I discovered right away that there were not only techniques and sequences, but that they were already organized in terms of the senses. The visual practices for getting “outside” information were called clairvoyant, getting information through feelings was called “clairsentience” and through words, “clairaudience.” Beyond this there were differing schools, beliefs and theories about what happens when someone functions psychically. The longer I studied the techniques, however, the more similar the underlying sensory sequences seemed and some generalizations began to shine through.

The psychics I studied with emphasized (each in their own way) four preliminary steps for doing a reading: 1) Relaxing; 2) Quieting the mind; 3) Focusing attention; and 4) Getting out of your own way.

RELAXING: Obviously involves feelings. It is accomplished in the usual ways – taking a few deep breaths, getting comfortable, loosening physical tensions, and so on. Everyone agreed it is important not to get too relaxed; you want to be able to concentrate rather than grow stuporous and entranced. You might bring to a psychic reading the same quality of attention that you bring to an enjoyable hobby.

QUIETING THE MIND: Most of us talk to ourselves internally whether we hear it or not. This internal dialogue is mostly related to our personal interest — how our day is going, thinking over decisions to be made, having imaginary conversations with others. Since the task of doing a psychic reading requires giving your attention completely to another person, quieting these self-oriented thoughts is important. This is an auditory step.

FOCUSING YOUR ATTENTION is a visual step. Just as there is self-oriented talk, there is also self-oriented imagery. These are the images we see in our mind's eye every day. It's rather like having a projector running home movies about various topics in our personal lives. Focusing attention is like seeing through these images to the blank screen behind them. With practice, you can even learn to turn off the projector.

IMMERSION is the fourth step. It's what I call Getting Out of Your Own Way. A natural result of the first three steps, immersion is the quality of attention present when you are wholly involved in an activity. Immersion happens naturally when you are driving a car, skiing, learning something interesting, watching a good movie, making love, or engrossed in conversation. There is a tendency to forget yourself, to lose self-consciousness and to give yourself over to the moment. Psychics employ this same state of mind when they do readings. Instead of being immersed in an external activity like skiing, they are immersed in looking (with their eyes closed) for information related to their client. So, while the *object* of focus is different, the *quality* of focus is the same.

Once you have learned and practiced these preliminaries, you can easily begin to use the particular techniques. Let me give you examples from Clairvoyant practices.

The visual TPI techniques I know of generally fall into two categories. Some psychics prefer the Blank Screen technique, getting wholly immersed in looking at a blank mental projection screen and then receiving spontaneous imagery related to their client. For instance, someone once asked me about a vacation she was planning. I relaxed, quieted down, and made my mind blank. I began to see her traveling in a direction I sensed was south and when she arrived, I saw a pinata. I said, "You're going to Mexico, right?" She said yes. I next saw a sort of rubber band attached to her hip. It was pulling her back north to a desk.

I said, "It looks to me like you are trying to get away from an unpleasant job situation and that you need to resolve it first. Otherwise, you'll spend your vacation preoccupied with work. Oh yes: I keep seeing a man; it seems like you should go with him, that the two of you will have a great time." She confirmed both of these observations.

A variation on the Blank Screen technique is used in Remote Viewing – where someone accurately sees something that is happening at a physical distance. A psychic might see, for instance, a client's house or be able to physically describe important people in her client's life. Remote Viewing, by the way, has been the subject of some thirty controlled experiments, about two-thirds of which have been statistically significant.

The second type of clairvoyant practice employs the use of a gazing symbol. A psychic will focus on a visual symbol – say a rose – then ask questions of it. The rose will then respond in metaphorically accurate ways. If someone has a lot of self-doubt, the rose might split in half; if someone is embarking on a course of action that is right for them, the rose might brighten and glisten or expand its bloom.

Many people I interviewed said that the particular gazing symbol was of no importance; it's just a device for fixating attention, an all-purpose symbol which serves as a catalyst for information. A student might also use an image of the moon, another type of flower, an imaginary crystal ball, or a mandala. This approach works with your eyes open, too. In workshops, I often teach people to do readings with ordinary rocks. As with the rose, images and changes will appear on the surface of the rock which will then be relevant to a person's question.

The really important thing in accessing TPI is not the particular technique you use to access information. It is rather the degree and the quality of attention you bring to another's situation. Genuine intuitive impressions have a subjectively different quality than ordinary thoughts or images. Whether you use a blank screen, a gazing symbol, or get information through feelings and words, the most accurate intuitions can be characterized in similar ways.

There are many generalizations that can be made, but it is better to try your hand at TPI techniques first. Each person has unique responses, and it's better to discover your own route to intuition. The section on "Sensory Characteristics of Intuition" offers generalizations to compare to your own experience and CD 6 is also relevant.

CDs 2, 4, 5, 6 in the Series offer exercises and formats in which you can ask questions of your intuition and receive answers. CD 6, in particular, deals with TPI; it teaches you how to develop and use a symbol and consult it as an oracle about future events. The other CDs will also yield TPI information as well as personal intuitive information. The difference is determined by the question, i.e., whether you ask about a situation that is personally known or unknown to you.

Examples of Transpersonal Intuition:

"I remember a long time ago when I was a freshman in college, I had a boyfriend I hadn't heard from in a long time. I saw his name in a magazine; it wasn't him, but it was the same name, and I cut out the page it was on. It was page 45, and I left it on my desk. I kept looking at it, wondering what 45 could mean. And I thought 4/5 is April 5, and that day happened to be April 3. On April 5, I was not in my dormitory, and when I came back, there was a message that he had called from California and that I should call him back, and that I should first call Operator #45 in Huntington Beach."

"I 'knew' last month that a friend of my husband's died while on vacation in Mexico. We found out three days later that I was correct; not only that, but I had even pinpointed the time."

"Once, it was overwhelming. I selected a deck of cards which were facing down and spread out. I absolutely 'knew' which card to choose (a joker) prior to having received a complete explanation that if I chose the joker, I would get a free pizza."

"I was hiking out of the mountains once and was very tired and in a hurry to get back. I took a break and stopped at a place on the trail. When I was about to leave, I had a feeling that if I stayed, I would be greatly benefited. I did, and met three people a short time later. They had been walking on an adjacent trail and then changed their plans and switched to the trail I was on. We have been friends ever since (15 years). I went into business with one of them and that led to meeting my wife. They later told me that they had switched trails because of a strange feeling. That was a fateful day..."

"I had a dream about a year ago; I was dreaming about my childhood home where I grew up, where my parents still live. They were constructing something next door on the top of another house, and I woke up feeling angry for no reason. The next time I visited my parents, there it was. They had built these stairways in addition to the house, and it was kind of overlooking my parents' bedroom window, and they were upset about it. I had seen the whole thing in my dream, right down to little details on the railing of the stairs."

"Driving in to a gas station, I felt and thought that this was a perfect place for someone to pan-handle me for a buck for gas. The sense was so strong, I began looking around for who it was, but there was no one else in the station. I went to the bathroom, stretched a little, paid the attendant and started to leave. Sure enough, a car pulled in to the station from the opposite direction, and two ladies asked me for a dollar for gas."

"The most notable awareness I have had of my intuition at work was during the time I was going

through a marital separation and subsequent divorce. I dreamed that I visited my son and that the sheriff brought papers, resulting in my leaving hurriedly and in a panic. A few days later, that was precisely what happened. I visited my son in another state and while I was there, the sheriff brought a summons to court, and I left hurriedly and in a panic. I had even seen the sheriff's face and recognized his name from the dream."

"During a workshop exercise, I was describing a person that my partner knew but that I had never met. While I was doing it, the person was just 'there.' I could see him — he had blond hair; he was carrying books, and in the background was the Washington Monument. It turned out he was going to college in Washington, D.C. I also got sweatshirts and sandals — what he usually wears — and a weakness in one knee, from a football injury. I also guessed what kind of car he drives. Sort of amazing."

"Recently, my beloved Akita dog died. During her illness, I had called around, looking for an available female Akita puppy. The only ones available had white faces, and I had my heart set on a dark face. That breeder gave me names of other breeders that might have puppies. The day after my dog died, I was upset and wanted to get out of the house. I 'decided' to go to a dog show that afternoon. However, I was extremely restless and upset that morning and decided to leave early. While parking in the fairgrounds lot, I met an Akita breeder who was just leaving the show. She had one dark-faced puppy. This was the first time this breeder had ever taken a puppy to a show. I saw the puppy and fell in love! She is with me now."

"One summer when my husband was in graduate school, I went with him for a month to another city where he was to take a specialized course to complete his credits. It was taught by a local scholar. As we first arrived in town, we stopped at a light next to a lake. A man in a suit crossed the street and I blurted out, 'There's your man,' meaning there's the scholar you will be studying with. We both memorized the way he looked, having learned to pay attention to such things. Two days later, my husband met the man in his class, and he was the teacher. This is a city of two million people. Neither of us had ever seen a picture of him."

"The other night, I was out for a drive with a friend on a curvy road in the foothills. As we passed by a farm house, I saw a structure and asked, 'Is that a motor home?' We both looked closer and saw that it was a square, modern-looking barn. Around the next curve, a moment later, came a motor home. A few minutes later, I saw something else and asked, 'Is that a boat?', thinking someone was building one in their yard. A moment later, a truck towing a large boat came around a curve. My friend was looking at me strangely for a while."

"In one of your workshops, I paired up with an older man for a Remote Viewing exercise. He gave me a street name and we went through the exercise. I saw a series of images like a large apple, a wrought-iron street lamp, a stone lion, a playground with antique fixtures and a bowler hat. I didn't really know what to make of it, but when I told the man what I had seen, he looked astonished. It turned out that the street was where he had lived as a child. It was in New York City, the 'Big Apple.' There were old-fashioned street lamps, stone lions in front of the library, a playground across the street, and his father was nicknamed 'Bowler Dan' because he always wore a bowler hat. I always knew I could do things like this, but it's nice to have it confirmed."

Transpersonal Intuition Development Tips (TPI)

- * Join or create a support group. Make contracts with friends to do readings on or with them.
- * Make wild guesses about:
 - the names of salespeople, "Is your name Mike? You look like a Mike for some reason ..."
 - what a new person you are going to meet will look like.
 - what a new place will look like.
 - whether your team will win a sporting event and what the score will be.
 - who is calling on the phone.

- which auto route to where you're going has the lightest traffic.
- tomorrow's newspaper headlines.
- where a cashier was born and how many children he has.
- * Practice being wrong about little insignificant facts and then find ways to laugh about it. This will free you up to make wild guesses.
- * Ask your intuition to guide you to parking places.
- * If you live in a state where there are lottery tickets and enjoy playing, don't buy tickets all the time. Ask your intuition to advise you as to when and where to buy tickets. If you drive by a place and feel lucky, pull in. Ask yourself how many tickets you should buy.
- * Pick several trees you like. Concentrate on getting a feeling for each individual tree. Make notes in your journal as to the differences.
- * See CD 6 for ways to set up TPI experiments.

ABOUT THE CDs

The CDs in this series feature state-of-the-art special effects to enhance the hypnotic experience. The sound and music on several of the CDs are specially processed in a way that gives them spatial reality, that is, the sound is located about you in actual space. These three-dimensional sound effects bring a heightened reality to the CDs; listeners sometimes get vivid visual images, smells, and sensations, in addition to the sense of the sounds. In early tests of this process, listeners would actually take off their headphones to determine whether what they heard was on the CD or in the room with them.

This is a breakthrough process and we have been delighted with the feedback we have received. Listeners report that the 3-D quality of the effects makes the CDs all the more useful, intriguing, and real to them. We are especially pleased by the responses to these new effects because a) nothing like this has ever been done, and b) they are very difficult, time-consuming, and expensive to produce.

These CDs represent years of work and financial expense. We at the Changeworks sell CDs in order to make our living, just as you do something to make yours. If you appreciate the results our labors bring you and want to share them with a friend, please give them our address or phone number and we will be delighted to help them order their own set of the CDs. Duplication virtually ruins the 3-D effects anyway.

USING THE CDs

We would like to make some recommendations for using these CDs for best results.

In general, when you use the CDs, use headphones whenever possible. These CDs are made to be heard in stereo. If you don't yet have headphones, even inexpensive ones will do. You can also get the 3-D effect by sitting between two coaxial speakers (no tweeters, woofers, etc.).

A darkened room is especially effective. Find a quiet, comfortable place that is free of outside distractions. Close the door, unplug the phone, remove any contact lenses, etc. Get comfortable in either a sitting position or lying down; loosen any tight clothing. Then turn on the CD, close your eyes, and simply listen...

Basically, these tapes can be used and experienced by you on three different levels of awareness:

- 1) Conscious – A wide-awake level of attention where you are thinking, alert, and aware. This quality of everyday awareness will probably be present when you listen to the discussion sections of the CDs and the Intuitive Walk exercise.
- 2) Unconscious – Listening with little or no conscious awareness, just allowing your mind to drift and enjoy the experience. Later, you may notice benefits and insights, or feel more relaxed and resourceful. This, however, happens at the level of your unconscious learning and functioning. CDs 1 and 5 are especially good for this.
- 3) Mixed State – A mixture of conscious and unconscious listening, a kind of shuttling back and forth between conscious and intuitive realms of awareness. Most of the exercises and where you ask questions of your intuition will involve this level of attention.

Because the tapes will help you reach a relaxed state of mind, *never play them while driving an automobile or operating machinery or doing anything that requires your total concentration.* This caution even applies to the introduction and discussion sections of the CDs, as you may already be accustomed to going into a trance from listening to the exercises. You might, instead, listen to the discussions while at home or on a lunch break.

Part of the fun of these CDs is that many things are going on at once and repeated listening will yield new experiences each time.

This is also true of the scripts: there are many puns, allusions, and multi-level references contained within each CD; each word and phrase is intentionally chosen, and some of the CDs even contain “inside” references to other Changeworks CDs. Great care has been taken to make the CDs not only effective but interesting enough to listen to often.

So enjoy! Whether you want just to relax and go into a trance or enjoy an actively entertaining experience, these CDs will yield delightful and useful results in your personal and professional life.

HOW TO ASK QUESTIONS

A number of the CDs are designed to be interactive and participatory. They are meant to be applied to specific situations in your daily life and to yield direct practical benefits.

On CDs 2, 4, 5, and 6, there are ways to ask direct questions of your intuition and receive answers that will be understandable to you on a conscious level. These question-answer formats take the form of structured exercises and fantasy journeys through metaphorical environments. These will bring forth unconscious and intuitive information about your questions. The questions can be about anything you would like help with: making decisions, solving problems, understanding relationships, spiritual or moral guidance, etc. You can also use these formats to ask questions about situations you personally know nothing about, i.e., do psychic readings. This means you can ask a question on someone else’s behalf or predict events before they actually happen.

Here are some general guidelines for asking questions:

- 1) Keep paper and pen handy. An Intuition Journal is highly recommended, but it’s helpful to be able to write down what you get from the exercises. The act of writing will often yield more information and help you gather your impressions into a coherent answer to your question.

- 2) When you ask questions, remember to make them as general or specific as the answers you want. "What about my relationship with Max?" will yield an overview of your relationship with Max. The question, "How do I resolve the differences about money that I have with Max?" will give you more specific information. You may also want to ask several questions, beginning with a general one and then focusing on any particulars that emerge from the general reading.
- 3) Make sure that the questions you ask are ones you or someone else really want answers to. Sometimes we wonder about things that we can't change, or that it would be useless or pointlessly upsetting to know about.
- 4) If you find yourself blocked when asking a question, try to discover if you have objections or concerns about the question. You might refer to CD 3 for help in dealing with objections.
- 5) If you ask questions on behalf of other people, make sure they know that *they* are responsible for whatever they do with the results of the reading. This takes the responsibility off of you. Also, make sure that any readings you do for others offer positive, constructive recommendations for what can be done about a problem or situation. It's very important to give the maximum number of useful choices; if you do a reading and get a "negative" answer to someone's question, ask for information on how to change it.
- 6) Another way to make reading for another person easier is to actually not know the exact question. Have your partner write down their question on a piece of paper and fold it up without showing it to you. Then proceed with the reading. Strange as this sounds, the accuracy of the reading on your partner's question will often be higher. This technique relieves the reader of both stage fright and responsibility for getting the "right" answer to the question. It makes it easier for the reader's conscious mind to step aside during the course of the reading.
- 7) If you are reading for someone else and don't understand the information you have received, sometimes it is best to go ahead and deliver the reading anyway. Often the meaning of the reading emerges as you deliver it. Start out saying, "I don't know what this means exactly...", and then begin to guess what the information might mean in relation to your partner's question. Make a story out of it.

SERIES CD CONTENTS

1. Opening Up to Intuition

TRACK 1 is the introduction to the series and offers a brief lecture on intuition. This is followed by TRACK 2 which is actually a short version (12 minutes) of the hypnotic experience on TRACK 3.

TRACK 3 offers a hypnotic introduction to the realm of intuition which uses Multi-Evocation (multiple-voice hypnosis). This means that two voices will be speaking at once during the tape. This process is based on the principles of Ericksonian Hypnosis and is designed for you to relax and enjoy. The hypnotic experience will orient your unconscious to the rest of the series and works to balance and harmonize both sides of the brain.

When the two voices begin to speak at once, you may, at first, want to keep track of what each voice is saying. After a while, you might let your conscious mind wander freely between them. By listening in a relaxed way, the messages, metaphors, and images can flow more easily to the unconscious parts of you that need them most. Many people go into deeply relaxed, natural trance states or drift off into restful sleep. Later, they may consciously remember only a portion of the hypnotic experience and yet feel the benefits in their daily life. This is perfectly fine, as the unconscious

remains receptive to *only* positive suggestions and ideas even in sleep.

Here are some more sample responses to the question, “How Do You Experience Intuition?”:

- I get a lot of imagery and feelings together. I go into a kind of neutral place and then images seem to come from my belly. I don’t know why this is, but my gut always gives me reliable information. If I try to get images from my chest, everything gets emotionally loaded and I start projecting. Anyway, the images in my gut are usually fleeting but persistent. If I need information about something, I’ll close my eyes and mentally look at my belly and ask about it.
- It’s different for me in different circumstances. Sometimes there’s a sense of a movie going on in my mind and I’m able to watch all the action. And sometimes there are voices inside my head, or just physical reactions chills and shivers up my spine.
- I find that when I’m the most free, there’s no voice, there’s no feeling, nothing like that. The intuitions just surface in a moment with a gorgeous knowledge. They’re just there, but it’s almost always when I’m excited about whatever I’m doing, very involved in what I’m doing in a free and open way. I see them visually.
- I get a chill, sometimes on my legs and sometimes on the top of my head.
- I get a flow of energy through my entire body, right through the middle.
- Mine is almost always auditory, internal auditories – like an “aha!” experience.
- I feel sensations up the back of my arms.
- I feel my heart opening up, a sensation in my chest. It’s like a rose opening and it feels warm.
- It’s a feeling of enlargement, or power, because you’re just so sure of exactly the right direction to go to get something done.
- It’s a solid feeling through my chest that’s very comfortable. Very solid, very grounded.
- Things get brighter and the velocity speeds up.
- Suddenly the picture gets clear and it gets bright and it’s exciting - an excitement.
- Sometimes I just feel lighter, and maybe get chills coming up, or maybe just a sense of cells opening up, like space opening up within me.
- I can hear a lot of tinkling sounds; they’re like voices, but not really human voices.
- I recognize the silent spaces between words. As soon as I come back out, I suddenly have a song in my head and the song is somehow relevant.

2. Practical Intuition

This CD offers a series of exercises which will help you directly contact and communicate with your intuition. It will also help you distinguish your basic intuitive style and learn to recognize and understand messages you get from your intuition.

TRACK 1

This exercise will help you distinguish between your conscious thought processes and your pri-

mary experience of intuition. For most people, there is an inner subjective difference between when they think and when they intuit. Learning to distinguish how the two functions sound and seem and feel within you is important. It will help you know when your intuitions are active and when you are just thinking or projecting.

- I was concentrating on the contact point. I had inner dialog quite a bit, thinking and talking to myself. Then it seemed to kind of open a channel of feeling and the inner dialog just seemed to subside, and I could consciously allow something else to come in without having to think so much about it. This feeling has an open, relaxed quality.
- My inner dialog goes on most of the time; it's the visual imagery that's most intuitive. The images carry me away, but then I hear thoughts go through my head: "What is the purpose of this? What is the purpose of this? What is the purpose of this?"
- There was definitely a difference. When I was thinking, I felt I was "myself." With the visual images, I'd get very absorbed and interested and forget all about myself.
- With pictures or voices, I find myself constantly wondering whether I'm planting them there. The only thing I have really clear is sensation. I find I want to go for pictures or voices when I think, and the intuitions come through my feelings.
- Thinking is when my own voice thinks to itself. Sometimes, there is more than one voice and they argue among each other. And sometimes there's this one whispered quiet voice that almost gets drowned out – it's the one that gives me intuitive information. But I have to really listen or it gets confused with the thinking voices that contradict everything. I know this sounds schizophrenic, but the voices are all me. Having some way of sorting them out is really nice. The quiet voice is off to my right, like someone next to me whispering advice.
- I tried to focus on the kinesthetic, and I had no doubts. My reasoning, thinking self wasn't doubting that I was feeling, but it kept coming in and trying to analyze it – "What is this feeling? I haven't felt it before." Words would start coming in, descriptions of what I was feeling.
- A long time ago, I had a dream and in part of the dream, this guy was looking up into a tree and there was a leaf falling down, and he was jumping up and down joyously – he looked like an absolute idiot, and as I watched, I understood. I realized that he *knew* every leaf on that tree, all at once. I looked up in the tree, and it just boggled me to think that he could know every leaf on the tree at once. And what I realized is that it's *knowing*: it's not seeing every leaf and mentally doing this thing about every individual leaf, it's knowing all of them at once. It's different.

TRACK 2

Having determined some of the sensory qualities of your intuition, this next exercise puts the information to use. It shows you how to set up direct channels of communication with your intuitive self and how to begin to understand your intuitive language. Among other things, it asks you to distinguish how your intuition says "YES" and how it says "NO."

Here are some sample responses:

- At first, it was a vague darkness with flashes of colors. Gradually, the colors coalesced into what looked like an eye, and I got a feeling in my stomach and the muscles were really relaxed. That was "yes." The "no" was muscles constricted and few involuntary twitches. The color of the eye also changed to red.
- Mine was simple and very clear. I got a picture of a green light for "yes" and a red light for "no." My mind came in and began to doubt that these could be signals from my intuition

because they are so simple. But the green light kept coming back as if to say, “Yes, this is a signal.”

- I had a more visual response; I saw a curtain lifting for “yes.” The curtain lifted and things got lighter and more colorful. For “no,” the curtain came back down and turned dark.
- I had a pair of lips that I first saw over the top of my head. Then they became a voice which spoke down to my heart and I had a kinesthetic feeling of openness. The voice is quiet but friendly and seems to be located above my head. It said it would advise me on anything I wanted, but I have to listen closely to hear it.
- The “no” was an absence of response. The “yes” was interesting – there was an audible “yes” followed by a lightness in my head that got rid of a headache I had. I can turn my head easily now; I couldn’t a few minutes ago. A lot has really let go.
- I decided to zero in on the auditory and I noticed that it’s like a voice, calm and well modulated and it’s mine. I can’t tell if it’s male or female really, but it centers right behind my ear. For “yes,” it actually raises up in my head and becomes like a tinkling, and has a lighter quality. And for “no,” the voice goes below my ear and gets heavy.
- The kinesthetic response I got had no discrimination between “yes/no.” I felt it in the bridge of my nose and forehead; it was like a tingling in my sinuses. I remembered several situations where I had this feeling. The tingling comes when I understand the truth of something or when I need to be careful. The signal either confirms something or warns me.
- Just at the very end, I had a sensation going across and kind of behind the eyes, the third eye, that I recognized has been there before. It’s a kind of pressure, very mild, but it’s there to say “yes.”
- I think I had a very strong kinesthetic absorption and a sort of split – on my right side “yes,” my left side “no.” My left side heavy, my right side light, and then I became colors as well – dark on my left side and light on my right.
- “No” is a sense of some kind of resistance or sluggishness. “Yes” is the absence of that resistance that comes if I wait long enough. The absence of resistance I would define as a relaxed sensation in my solar plexus as opposed to any constriction.
- I had a sound of a “yes” sort of off to the right and I saw the word “yes.” But when it came time for the “no” part, I don’t know what happened; I just sort of went into this dark space where I didn’t process any information.
- I didn’t get anything. No pictures, no voices, no feelings. I went pretty blank. When I get feelings about anything, usually it’s about something that I strongly need to know. Then it comes through. I only get a “yes,” I never get a “no.”

TRACK 3

With the channel of communication you established on TRACK 2, Exercise 3 helps you establish a stronger, more consistent relationship with your intuitive self. Exercise 3 also helps you extend this relationship into daily life and, through mental rehearsal, imagine what it would be like to have your intuition at your side in a specific situation.

TRACK 4

Now you can put your intuitive channel of communication to use. Exercise 4 allows you to ask direct questions of your intuition. Again, these questions can be about anything of interest to you – decisions to be made, problems to be solved, etc. Answers to your questions will come through a combination of images, sound, and feelings and perhaps even taste and smell.

Here are some sample responses to the process of asking questions:

- At first, the images didn't mean much to me in answer to my question, but they all were surprising: consistently happy, contented, playful kinds of images. The question was, "Should I go in a certain risky direction?", so it seemed like an answer, saying everything will be easy and pleasurable.
- I asked a question about a risk and I got both a reaffirmation about some things that I've suspected and also a lot of images that correspond with my suspicions. Real strong message to stop worrying about it and let "me" handle it – the part of me that's giving me images.
- I got two answers. The first one was a real clear "yes;" the second one was a qualified "yes." It was apparent to me that when I went into the qualified one, it was saying that I need to get really clear with myself. So it was like I had to get my motivation clear if I really wanted a "yes." It was very different from the clear "yes."
- I was dealing with a personal issue that I knew was a big one for me. What I chose to do was not go for the resolution of the problem, but to ask, "What first steps can I take?" It worked really well.
- Well, I got a "yes" response, and then it was like I was getting a communication which said, "You already trust the situation. You don't need to know anything else."
- I got a lot of information; it's good information. I think I could've sat down and consciously figured out these things, but it would have taken longer. This process has been bubbling up in me anyway, so I keep getting little steps. I've actually given myself a homework list and keep writing down new things to try.

3. Blocks to Intuition

TRACK 1: The first exercise gets you in touch with any general inhibition or specific reservations you may have about using your intuition. TRACK 2 is a long discussion about the usual kinds of objections that people have and then TRACK 3 offers another exercise which will help resolve your reservations.

Here are some sample objections that CD 3 will help resolve:

- If I become more intuitive, people will think I'm crazy and I won't be accepted in this world, accepted in society. I won't have any reasons for the things I do, and therefore I won't get any further in my career.
- Opening up would violate my upbringing. What my objection is doing for me is to keep me contained or I'll explode. Exploding means getting more involved with people, more outgoing; actually, "growing" seems like a better word than exploding. Being intuitive, being involved in anything "unreasonable," is violating my upbringing. But it's weird that growing gets included in that.
- Something about how I might lose control. I might become more impulsive and just blurt things out. Or take action for no discernable reason and be unable to explain how I know what I know.
- I just had kind of a feeling inside that it's o.k. The only objection is that I might not be able to intellectualize it. Not a strong objection.

- I was enjoying it so much, and this little voice said, “You can’t possibly be like this all the time. How can you function in the real world?”
- If I become more intuitive, it wants it to be real clear. Not foggy intuition, but practical stuff that makes life better. Then there’s no objection.
- Some of the block is around communicating what I know to others. There’s an issue that nobody else wants to hear me. So the only thing I can do with it is to experience it and notice how it makes me feel and keep quiet – it’s not my only choice, but it’s the one I’ve made.
- I had a real difficult time visioning intuition as so separate. It just was too difficult to see it as such a separate part of me, like a foreign intelligence or something. Then I started feeling that there’s a recalcitrant child inside me who refuses to cooperate any more because I so often refuse to listen. It was almost as if a bargaining went on. The child, or the recalcitrant part, was saying, “Well, you know how intuition feels; we feel it all the time. Like just yesterday, you knew.” And then the mind would come in and say, “Well, maybe that’s not really intuition,” and started doing all the mind stuff. Then the child said, “You have to help me and treat me better, then I’ll come through for you whenever you want.” I started to think about what kind of compromise could be made and I kind of went blank for a minute. When I came out, it was as if an integration had taken place. We had somehow agreed on a bargain and I felt whole and rich and together. It was wonderful.

TRACK 4: A long exercise (in 3-D) called The Intuitive Walk, will get you in touch with the physical style of moving that will best support your intuitive functioning in daily life. It will help you feel in your body the difference between your conscious thinking mode and your intuitive style of being in the world. The exercise has three parts; you begin by exploring how it feels to move in a conscious thinking way. After a few minutes of conscious walking, you then switch to an intuitive style of movement. This exercise will help you combine the two modes into an integrated style of moving and then discover the most comfortable blend for you.

For example:

- The conscious walk seemed to be more in the air for me. I was not in touch with the ground and just more able to stumble or trip over something, not in touch or in tune with what’s under my feet. Like being up in the air and just floating and not being connected with a lot outside. The intuitive walk was more balanced. I was more alert to what was around me, and, I think, more graceful. When I combined the intuitive walk with the conscious walk, I stayed more with the intuitive and every once in a while, I had a feeling of floating.
- For me, in the conscious mode, my shoulders were very tight and the biggest difference in the intuitive was that my arms felt like they wanted to grow longer, and they wanted to kind of go out. Then when I put the two together, it was very different and I felt incredibly powerful. I felt real strength. I felt myself almost being drawn forward from my pelvis, kind of drawn down the street, and I wanted to walk quite quickly and quite directly.
- In the intuitive walking, I was more likely to choose my own direction rather than follow everyone else’s. I found that when both were activated, that was my typical mode. In the intuitive mode, I’m more responsive.
- I was aware that when I walked intuitively, my attention dropped down, like right into the ground. When I walked consciously, my attention went up, into my head. Both together felt much more centered and grounded.
- When I was more intuitive, I was more aware of what was going on around me. My visual perception was much sharper. When I’m in my head, it’s like nothing comes in.
- The intuitive walk is the walk that was most natural in natural surroundings. Whenever I go

hiking, I get into that mode completely. So when I was in that mode, I was remembering certain things from hiking and that instinctual quality of moving.

- I’ve never really walked the intuitive way, never really knew that was an option. I pretty much just bop along, thinking a lot, looking down. In the intuitive walk, I felt like I was looking up and around me. It was like all my senses – seeing, hearing, feeling, smelling – were focused on the external.

4. The Ultimate Library

TRACK 1: This is the first of two fantasy journeys to metaphorical environments where you can ask questions of your intuition and receive answers. These CDs are in 3-D, have quite elaborate special effects and should be listened to with headphones, if possible. On TRACK 1, you take a journey to visit a library where all the knowledge in the universe is stored. This is an inner environment in which you can access intuitive and unconscious information about particular subjects relevant to you. TRACK 1 acquaints you with the format for communicating with the library – a computer named Akashic 1 will act as a go-between between you and the information stored within the library. TRACK 1, you meet the computer and learn how the two of you can communicate. You can also use this meeting to gather information and focus on your personal goals in life. Although TRACK 1 is a preparation for TRACK 2, it can be returned to for both a relaxing experience and to refocus your goals at future times.

TRACK 2 allows you to return to the library and ask a question about anything relevant to your life at a particular time. Thus, you can ask a question about a decision you are trying to make, a problem you want to solve, a relationship you want to better understand, etc. Keep paper and pen handy – the answers you receive will be fresh in your mind when the CD ends and it’s very useful to write them down. Again, you will find that further useful information about your question may come to you in the process of writing. The library is one of several formats for asking questions throughout this series. TRACK 2 of this CD is about 15 minutes long, designed for quick access of information.

5. Your Intuitive Guide

TRACK 1: This CD takes you to meet your Intuitive Guide, a being of personal significance to you who can also answer questions. TRACK 1 is long, rich, and leisurely. You may want to return to it just for the depth of experience, as it will tend to enhance self-esteem, lower stress and promote a deeper sense of personal security.

CD 5 is, again, for asking questions and is also more hypnotic in character than CD 4. In CD 4, information can be obtained in a semi-conscious (mixed) state. With CD 5, you have the option to either stay in a mixed state or go into a trance and allow the tape to work for you unconsciously. TRACK 1 offers a longer, more complete experience. You can meet your Guide, enjoy the support and comfort of your relationship with them, and then ask a question.

TRACK 2 is a shorter version (about 20 minutes) designed for quick access. TRACK 2 also offers the choice of going into a trance-like state, then either waking up or staying in a trance after the tape has ended. This also means that you can “sleep on it,” i.e., ask your question, turn on the CD at bedtime and then drift off to sleep. This format makes use of a common experience; nearly everyone has “slept on” a problem and found in the morning that a solution to the problem has appeared. TRACK 2 enables you to take advantage of this natural process by stimulating your unconscious resources to go to work on your question while you relax and/or sleep comfortably. In the morning or later in the day, you may find that information, insights, or useful creative answers come to you spontaneously.

Here are some sample experiences of the Guide:

- Mine was my grandmother who died, and there was a feeling of safety. One of my concerns is about not being safe and appearing foolish. There was a sense of safety and of being able to communicate with her in a totally comfortable way. Anything that happened to come to mind was o.k. There was a feeling of total acceptance and understanding and wisdom I could call upon. It was actually quite touching.
- I was like a little girl running through a meadow. Then I went into the place where the dome is and the Buddha appeared. I went up to the Buddha and I asked my question. I wanted to know, 'Will you show me how to do this?' or, 'How will I know how to do it?' and his answer was, "All you have to do is ask me." The information will come to me auditorily. So there's got to be some words connected. I'm aware of the process in a way that I've never been aware of before. It seems I just have to listen.
- I was up in the mountains by a lake and I expected it to be a bear because bears mean a lot to me. But in the dome, when the guide walked over and sat down, it turned to be a little five-year-old girl sitting in the chair. We understood each other perfectly and she turned out to be much wiser than her years.
- Mine was my male counterpart, the masculine side of my character. The communication was one of balancing the male and female energies and it wasn't going to be so much there for intuition or psychic questions but is here to take care of me and support the work that I'm doing. That is really appropriate for my life right now.
- Mine was a place where I went swimming a lot, kind of a private swimming hole with a stream, and I always go there when I'm feeling kind of stuck. When I jump in that mountain stream, it livens me up real quick. It's the kind of place that I can go away to a lot. And the dome was there. It turned out that the person in the dome was an old friend of mine and he kind of represents to me somebody that, you know, I grew up with him and we always had a lot of fun together. He was always a real witty type of person. He would say things that were both funny and wise. In his later life, he's kind of gone through a lot of hardship – one of his children dying, getting divorced, and a lot of other things have happened to him, but he's somehow managed to cope with it all and keep his perspective. I only actually see him in reality once in a while, so it seems like kind of a good resource for me. We talked pretty well to each other and he answered my question.
- What happens if you don't have a person who came to you – during this exercise? It kind of faded out a few times; I guess the most significant thing is that I saw a bright light at one point, and then I began to feel like the light and I were communicating, but in a wordless sort of way. It would brighten and pulsate and I would both know and not know what it was saying. Somehow I trusted the communication even though it's kind of weird. I did have the sense I could return and ask the light questions.
- Mine was a tough but kindly old woman, like an old Indian woman of the desert who agreed to be available as a resource to bring me the basic wisdom of the earth. It was helpful that you kept saying that the Guide's going to appear on the right side. For me, she was very definitely on the right. It happened again and again. So I know where to find her.
- Mine is a dolphin. She has the same name as me. Somehow the floor of the dome turned to water except where I was sitting, and she would swim all around me and sort of frolic and play. She talks in a clear, well-modulated voice and says very reasonable things. It sounds so absurd, but she's delightful. She answered my question, getting me to see something totally obvious that I had overlooked.

6. Using Your Sixth Sense

This CD features exercises for developing Transpersonal Intuition. TRACK 1 offers a lengthy introduction, followed by TRACK 2, an exercise that teaches you to create an intuitive symbol and begin to learn its language. This intuitive symbol will function as an oracle, allowing you to ask questions of a predictive nature, i.e., foretell the future.

TRACK 3's exercise shows you how to directly use the intuitive symbol and to ask a question about the future. This is followed by TRACK 4, a "First Impressions" exercise which allows you to get impressions of people you may or may not know. TRACK 5 is an exercise that allows you to Remote View someone and send them a message.

Here are some sample responses to the symbol exercise:

- I saw a sunrise. I was just focusing in on the sun which was a bright orange, and as I focused on it, I had this pleasant body sensation of heat and kind of tingling. And then I saw it kind of move and it changed to a full moon. Then when we went to the place, I was at the beach, and there was a spinning world globe, and then I relaxed and let go of that one, and the sun came back and turned into this just wonderful smiling baby's face. At another point, the sun would have these kind of thin clouds, so it kept changing as it began to communicate. The smiling face was a "yes," the thin clouds "no," and so on.
- I was walking along the beach, and I saw a sand dollar and picked it up thinking it might be a symbol. And trying to draw it with my eye, as I would draw and focus it, it would keep changing; the lines and patterns on the sand dollar were sort of shimmering, not really tangible. The symbol had a life of its own.
- The vision that I had was a circular disk that was a real deep wooden color that was kind of like monkey-pod wood that kept on getting larger and larger and larger. It was even engraved with all kinds of words and letters. The sides were raised and on the outer perimeter were people and animals, and there was a guy there who said that this was the door to infinite knowledge. And he said that this is where I went, but I'd never taken the time to look for a symbol, so now I could be introduced to something that I'd been doing for a long time anyway. And he said, "What would you like to know?"
- What I got was a crystal ball which my sister gave me just a short while ago, and I haven't known what to do with. So it's just sitting around like a decorator piece. And I thought, "This is awfully practical." Since it's something I already own, I can use it physically if I want to or I could just have it as my symbol. So I just went into the intricacies of the stand that holds it, the dragons that are on it, the crystal ball and how it's blown, things like that.
- I found that I got out of my own way for a change. That this time, I was getting some very specific symbols, and my tendency has been to say, "That's silly; it can't be possible," then I did an internal check which said, "Go with it," and then I gained some specifics that seemed to relate quite well. The internal check was a feeling, and I also had the sense of a smile. I felt the smile in my chest.
- I had fun. I went to a spot that's real familiar to me. It's under water and it's a grotto. I was real surprised at what I found there. After starting at the contact point, I got into this grotto and was under water about 40 feet. I found this spot where there's this nice little shelf, kind of a plateau. There was a clump of garlic that was spinning and that turned into something like the eye of a woman from Egypt. That eye would go back and forth between a masculine and a feminine, and a cave to go in and out of.
- I really lost touch with your guidance. I tripped out into a pretty deep trance, but thinking

back on it, I've kept picking up enough clues to realize that I started out with something that I wanted to fashion, but I lost it. In some sanctuary somewhere, I found this circular bronze piece with all this intricate lace work and it was totally unexpected. So I think I'll go back and try it again.

- My symbol is a pot, an earth-fired burnished pot that I have at home that I keep rose petals in. What I got were symbolic representations that eventually made sense. In answer to the questions, the pot just did weird things that didn't make sense, and I couldn't interpret them. After a while, though, I started to understand its language.

APPENDIX: EXERCISE CHECKLIST

AKASHIC I

Question Overview:
(General Impression)

Word or Phrase:

Historical Background:

Goal of Question:

Resources Needed to Achieve Goal:

Possible Action to Take:

Additional Information:

GUIDE

Guide's Non-Verbal Response to Your Question:

Emotion of Question:

Symbol or Object:

Guide's Perspective on Your Question:

Last Impressions:

Gift:

FIRST IMPRESSIONS

Name: _____

What if this person were a

Flower:

Animal:

Tree:

Emotion:

Landscape:

History:

Vacation:

Activity:

Country:

Car:

Goal/Blueprint:

Unique Quality:

Birthplace:

Greatest Strength:

SYMBOL
Predicting the Future

Present Situation:

Motivation of Question:

Future of Question:

Changes Needed:

Assistance to Give It:

Last Recommendations:

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