Awaken Intuition & Self-Actualize

Intuitive Resilience

Focusing Attention

* Mindful Attention

1. Observe the present stimuli
2. Be a neutral, non-judging witness
3. Describe what you see, factually, noting only what you actually see
   * Practice: Observe the visual environment around you, noticing the colors, textures, and sights, labeling the things you see, as if you are seeing them for the first time and are describing them to another person or yourself.

* Focused Awareness

1. Objects of awareness—breath, senses, mind, mantra, emotions, sensations
2. Opening awareness—follow stimuli briefly as your mind/attention wanders
3. Focusing awareness—using anchor (e.g. breath), returning attention
   * Practice: Choose an anchor for your object of awareness; rest your attention on this object (e.g. breath, sounds, body); notice when your mind wanders, observing without judging; gently return your focus back to your primary object of awareness (this will likely happen multiple times within a brief period of Mindfulness Awareness practice).

* Mindful Focus

1. Mental Focusing—observe thoughts, let thoughts go (use visual aids to watch thoughts pass by: clouds in sky, flowing river, train cars)

* Practice observing your thoughts, using the breath as an anchor

1. Awareness of Mind—witnessing, labeling, categorizing thoughts

* Practice observing and labeling your thoughts in categories (“worry thoughts”, “planning”, “future-tripping”, “past painful memories”), returning to your anchor (e.g. breath, body, sounds, sights) as you let go of thinking/thoughts.

1. Shifting Perspectives—mentally shift, open to new thoughts and possibilities

* Practice: Using anchor to ground your attention, adopt an inquisitive intention toward your thoughts, be curious about your thinking; write down any new insights, thoughts or ideas.

Sharpening Intention

* Curious Awareness

1. Engaging Curiosity—“Beginner’s Mind”
   * Practice:
2. Gently question your thoughts, beliefs, responses, reality, perspective
3. Open your mind to new thoughts, possibilities, insights
   * Practice:

* Compassionate Acceptance

1. Engaging Compassion—practice (heart-focused witnessing)
2. Accepting resistance—compassionate response--practice
3. Acceptance and change—dual processes (mindfulness practice)

* Positive Mental Attitude

1. Engaging neutral observation of pain & negativity (practice)
2. Challenging negative beliefs, thoughts, emotions--practice
3. Perspective-taking (aligning with positivity, acceptance)--practice

Sensory Awareness

* Bodily Awareness

1. Body scanning (practice)
2. Inhabiting organs (practice)
3. Energetic body awareness (practice)

* Sensate Awareness

1. Exploring the senses (practice)
2. Breath awareness—sensory shifting (practice)
3. Body sensing (practice)

* Sensory Integration

1. Mindfulness of sensory stimuli (practice)
2. Body-mind-emotion-sensation (practice)
3. Healing witness (acceptance, compassion, curiosity)--practice

Emotional Awareness

* Emotional Mindfulness

1. Identifying emotions
2. Inhabiting emotions (mindfulness practice)
3. Isolating emotions (mindfulness practice)

* Mindful Emotions

1. Emotion-sensation (practice)
2. Emotion-thought (practice)
3. Emotion-sensation-thought (practice)

* Intuitive Emotions

1. Primary & Secondary Emotions
2. Emotional intuition (practice)
3. Intuiting emotional wisdom (practice)

Intuitive Awareness

* Intuitive Seeing

1. Accessing internal vision (practice—third eye focus)
2. Intuiting visual awareness (practice)
3. Visual Meditation (practice)

* Intuitive Hearing

1. Auditory awareness (practice)
2. Inhabiting auditory experience (practice)
3. Intuitive listening (practice)

* Intuitive Feeling

1. Inhabiting the felt sense (practice)
2. Awareness of affect
3. Accessing feeling intuition

Intuitive Response

* Intuitive Awareness

1. Intuiting triggers & reactions
2. Mindfulness of triggers (practice)
3. Mindfulness of reactions (practice)

* Intuitive Understanding

1. Understanding triggers (practice)
2. Understanding reactions (practice)
3. Mindful understanding (practice)

* Intuitive Action

1. Mindful response (practice)
2. Intuitive response (practice)
3. Integral response (practice)

Intuitive Healing

Resourcing Intuition

* Intuiting Peace

1. Peaceful Places
2. Peaceful Memories
3. Resourcing Peace

* Intuiting Care

1. Nurturing Figures
2. Nurturing Memories
3. Resourcing Care

* Intuiting Wisdom

1. Wisdom Figures
2. Accessing Wisdom
3. Resourcing Wisdom

Mindful Remembering

* Gentle Awareness

1. Mindfulness Awareness
2. Non-judgmental Acceptance
3. Unconditional Positive Regard

* Mindful Recall

1. Accessing Memories
2. Inhabiting Memories
3. Repairing Memories

* Memory Resourcing

1. Resourcing Nurturing
2. Resourcing Protection
3. Resourcing Wisdom

Emotional Grieving

* Anger & Defiance

1. Resisting Reality
2. Accepting Anger
3. Expressing Anger

* Sadness & Loss

1. Depression & Sadness
2. Experiencing Loss
3. Accepting Loss

* Emotional Acceptance

1. Emotional Willingness
2. Emotional Grief
3. Accepting Emotions

Intuitive Grieving

* Intuitive Compassion

1. Empathy & Compassion
2. Intuiting Compassion
3. Self-Compassion

* Intuitive Forgiveness

1. Intuiting Forgiveness
2. Self-Forgiveness
3. Forgiving Others

* Intuitive Acceptance

1. Letting Go (mindfulness)
2. Inviting Acceptance
3. Accepting Intuition

Transforming Grief

* Self-Care

1. Intuitive Self-Care
2. Emotional Intuition
3. Nurturing Self

* Intuitive Wisdom

1. Intuiting Challenges
2. Inviting Opportunities
3. Shifting Perspectives

* Soul Healing

1. Embracing Soul
2. Inhabiting Soul
3. Living Soul

Cult Fevers

Belongingness

* Affiliation

1. Intuitive Connection
2. Sharing Interests
3. Bonding & Likeness

* Intuitive Trust

1. Trust & Security
2. Intuitive Reciprocity
3. Mutual Caring

* Self Esteem

1. Admiration
2. Initiative
3. Achievement

Family Values

* Intuiting Needs

1. Physical Satisfaction
2. Emotional Expression
3. Social Congruence

* Resolving Conflict

1. Communication Strategies
2. Empathy & Autonomy
3. Negotiating Solutions

* Self-Care

1. Dependency
2. Social Needs
3. Individual Needs

Community Values

* Cultural Norms

1. Norming
2. Forming
3. Transforming

* Community Beliefs

1. Work
2. Life
3. Balance

* Intuitive Principles

1. Defining
2. Refining
3. Testifying

Intuitive Identity

* Intuitive Values

1. Identifying Values
2. Prioritizing Values
3. Intuiting Values

* Self-Identification

1. Honoring Self
2. Respecting Self
3. Intuiting Self

* Self-Individuation

1. Self-Defining
2. Self-Aligning
3. Self-Transcending

Joining

* Cultural Coherence

1. Values & Principles
2. Affiliation
3. Growth Potential

* Group Acculturation

1. Assimilation
2. Acculturation
3. Amplification

* Group Identity

1. Norms
2. Storms
3. Intuitive Identity

Relationship

* Intuiting Roles

1. Child Roles
2. Young Adult Roles
3. Adult Roles

* Intuiting Needs

1. Inner Child
2. Inner Champion
3. Intuitive Need

* Intuitive Relationship

1. Intuitive Reciprocity
2. Divining Selves
3. Transcending Self

Self-Actualize

Honoring Values

* Intuiting Values

1. Highest Value
2. Valuation
3. Intuitive Value

* Discerning Values

1. Balance
2. Priority
3. Specificity

* Respecting Values

1. Self
2. Relationship
3. Work

Intuiting Guidance

* Intuiting Choices

1. Twice Nice
2. Pendulums
3. Alarm Clocks

* Intuitive Thought

1. Two Thoughts
2. Visualizing Outcomes
3. Intuiting Responses

* Intuitive Insight

1. Holding Space
2. Awakening Intuition
3. Intuiting Insight

Transforming Response

* Active Response

1. Action Reaction
2. Pause & Observe
3. Intuitive Self-Care

* Intuitive Action

1. Accessing Inner Wisdom
2. Assessing Intuition
3. Intuitive Response

* Transforming Action

1. Empowerment
2. Alignment
3. Awareness

Living Principles

* Intuiting Principles

1. Honesty
2. Authenticity
3. Integrity

* Honoring Principles

1. Love
2. Generosity
3. Respect

* Principles Living

1. Relationship
2. Work
3. Self

Self-Actualize

* Self-Transform

1. Inhabiting Self
2. Designing Self
3. Transforming Self

* Self-Realize

1. Valuing Self
2. Self-Aspiring Principles
3. Realizing Self

* Actualize Self

1. Self-Determining
2. Self-Realizing
3. Self-Actualizing