

INTUITION DEVELOPMENT
AN INTRODUCTORY COURSE FOR AWARENESS AND UNDERSTANDING
OF WORKING INTUITION

A Service Project Report

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Abstract

INTUITION DEVELOPMENT:

AN INTRODUCTORY COURSE FOR AWARENESS AND UNDERSTANDING OF
WORKING INTUITION

Janette Kaye Cothrel

My project is the offering and facilitation of an Intuition Development Group that met for 6 consecutive weeks for 1.5 hours per week. The focus of the group was to acquaint members with some of the ways their intuition is working and to practice in the group tapping into our own innate intuitive skills through skill builders. Practices such as meditation and guided visualization were discussed and employed as practical ways to improve awareness and receptiveness to one's own intuition. The insights obtained through this introductory class offered participants new ways to view themselves and their world.

Background

Though I have always been interested in metaphysical subjects it wasn't until my mother passed in April of 2004 that I began to explore the topic with earnest. There were many synchronicities surrounding the death of my mother that made me ponder with greater intensity our interconnections, how events and relationships weave together to provide opportunities for growth, that hope prevails, and how love is a bond that knows no end. In particular I was given a strong precognitive awareness that my mother would pass a year before it actually happened. There was no fear or anxiety involved in this "knowing," just a sense of knowing to be prepared as others would need help at that time. The precognition was so strong and sure that I had a black suit altered and ready to go. The death of my mother brought an end to an old way of being and the birth of a new. I could continue to honor her and her life choices, yet go along my own way though it was very different than hers. I will always be extremely thankful for her openness to exploring interesting topics and in particular encouraging and helping me with my initial foray into intuition during my 8th grade science experiment on "ESP."

In June of 2005 I happened upon a class for reading tarot cards. Thus began a rather intense period of opening to and learning about my own intuitive abilities and the wonderful world of symbolic language. After the tarot class I enrolled in a psychic development class that met once a week at a metaphysical book store. There I learned that I had probably always been clairvoyant yet didn't have a working understanding of it. I loved every minute of every class and decided to travel to England for two weeks of studying mediumship and Spirit Art at Arthur Findlay College. Soon after, the instructor of the local development class encouraged me to interview for a position as a reader at

the book store, which I did and consequently have been reading professionally since. I have continued taking development classes and working on my Master's at Atlantic University, as well as teaching development classes, as ways to better understand my self and the processes that others are going through in their life's journey.

When it came time to choose a culminating project, a service project seemed most fitting with my intentions to help others realize their own intuitive potentials. In the fall of 2006 a friend asked me to share what I had learned about intuition and psychic development with her, and subsequently a rather informal group of friends began meeting under my guidance for a development class. We've enjoyed our time together and I believe we all have grown in the process as well as honed our intuitive skills and our understanding of our transpersonal journeys together.

Much to my amazement I discovered that I enjoyed teaching others intuition just as much as giving "readings." My background in Occupational Therapy, which relies heavily on teaching others independence skills in all areas, helped me to give the "just right" challenge and break down complicated subject matter into bite size pieces, all the while allowing for very individual ways of understanding and processing the transpersonal in a unique way. I was impressed with how easily people were able to demonstrate improvements in their intuitive abilities.

I decided for my service project to offer a 6 week course on recognizing, developing, and understanding intuition using the nuggets of wisdom that I had gained through my studies at Atlantic University. The goal was to offer a class on intuition that garnered the best from what I had learned through my classes in the Spiritualist tradition and the wisdom from the AU program. Even though I learned a lot through the model of

Spiritualism, the time seems to be right to offer classes on intuition, psychic abilities, and mediumship that offer new views for understanding what is happening.

Introduction

Intuition Development: An Introductory course for Development Awareness and Working Intuition

This project is a result of personal study and experience in the teaching of awareness and development of intuition. I taught a six-week course for adult women. I facilitated the group; we met for 1.5 hours for six consecutive weeks. The course was offered free of charge to faculty and ex-faculty members of a private school in Indianapolis, IN. A former student of mine was an employee of the school, and screened potential participants for interest. Based on that screening, the course offering was sent via email to potential participants (see Appendix A). If individuals dealing with mental illness, schizophrenia or psychosis responded positively, they were to be assessed as to their appropriateness for class. The appropriateness for class would be assessed by having a one on one conversation with me. I would attempt to determine the participant's ability to view the processes occurring in their mind from an outside perspective. Could they be detached observers of their own experiences enough to allow for an understanding of their appropriate intuitive selves to flourish? Could they think abstractly and entertain multiple ways of viewing situations? Would they run a high risk of becoming fearful and suspicious or require too much attention of the instructor? This would largely have to be determined through informal conversation and intuitively by my self. In the end, no individuals with any mental illness responded, rendering these points moot. Following are the guidelines and syllabus for the course.

Guidelines:

1. The class was held in a quiet room on the school campus. Chairs were placed in an open circle and there was room for participants to be seated comfortably. An electrical outlet was available to plug in a CD player.
2. The course consisted of six consecutive sessions that met once per week for 1.5 hour sessions. Thirteen women attended this group with one dropping out after two classes due to scheduling conflicts. Twelve of the participants were either employees or ex-employees of a private K-12 private school in Indianapolis IN. One member was a sister of an employee. The education of these women ranged from high school to Master's degrees, with six having Master's level education, five with Bachelor's degrees, one with some college, and one with a high school degree. Ages ranged from 35-65. Occupations consisted of teaching assistants, teachers, nurses, librarians, school counselors, and homemakers.

Syllabus:

- ∞ Classroom session 1:
 - Welcome, pre-course survey and collection of contact information
 - Syllabus overview & class ground rules
 - Instructor background and purpose of course
 - Intuition defined, it's history, examples and usefulness in everyday contemporary life
 - Introduction to and discussion of "EE's" and "EHE's - Exceptional Human Experiences. Examples given.

- Participants will be asked to introduce themselves along with any “EE” or “EHE” that they had experienced in their life time.
- Setting an intention for developing intuitive skills.

∞ Classroom session 2:

- Brief review of previous week’s material
- Book review of The Intuitive Heart by Henry Reed
- Brief discussion of the concepts of an intuitive heart and Divine Mind as natural and inherent to all humans. Discussion of how to enter into a state of Divine Mind.
- Instruction in posture for meditating
- Background music (Liquid Mind) Participants will be led through the “Script for Entering the Consciousness of Divine Order” (Reed, IS 549 Study Guide p.16)
- Play modified version of question and answer game (Reed video series Divine Mind)
- Sharing of inspiration and memory story by participants for one another.

∞ Class room session 3:

- Brief review of previous week’s material
- Exploration and discussion of Meditation and meditative states
- Typical problems encountered during mediation discussed and some tips for handling.

- Short practice for individual meditation using “The Inner Smile”
Handout provided.
- Discussion of the concept of “Ideal” as defined and described by Edgar Cayce. The importance of having an Ideal discussed and how it is similar to working through an Intuitive Heart for getting guidance of a superconscious nature.
- Book review of Synchronicities as Spiritual Guidance by Mark Thurston.
- Complete drawing and box activity in pairs with sharing of intuitive understanding of the pictures as they are completed by participants
- Remind Participants to bring items for Psychometry readings the following week.

∞ Classroom session 4:

- Brief review of previous week’s material
- Book report on The Field by Lynne McTaggart.
- Discuss the concepts of Psychometry, Clairvoyance, Clairsentience and Clairaudience and Knowing. Provide examples of each.
- Discussion of returning one’s consciousness to a flow state and importance of receiving impressions from that state.
- Pass items around the room with participants sharing the impressions they receive.
- Emphasize individual ways of receiving intuitive information.

∞ Classroom session 5:

- Review of ways to tap into Intuitive information.
 - Importance of symbol and metaphor to understand intuition
 - Divination tools
 - Book Review on I'Ching by Robert Browne Walker.
 - Guided mediation using Script #1 from Mark Thurston's book Synchronicity as Spiritual Guidance.
 - Discuss using a template to jump start intuition. Give examples
Participants practice on each other using the template to offer intuitive information and guidance to one another.
- ∞ Classroom session 6:
- Brief review of previous week's material
 - Participants complete post class survey
 - Review of past class material.
 - Carl Jung and his theories on the Collective Unconscious, archetypes, individuation and synchronicities.
 - Book review of Awakening your Psychic Powers by Henry Reed
 - Discussion of concept of Higher Self.
 - Mediation using script #2 with modifications, Mark Thurston's book
 - Participants share what they experienced during that meditation.
 - Using the body as a dowsing instrument for simple yes/no questions with practice.
 - Breaking down into pairs and reading partner's attitude toward different topics based on initial yes/no impression felt in the body.

Procedures

Class # 1

September 8, 2009

Introductions and “Exceptional Human Experiences”

This class started one half hour late due to an impromptu teachers meeting that many of the participants had to attend. The course syllabus for class one was adjusted to fit into an hour schedule.

Participants were asked to complete the pre-course survey and Participants’ consent form (shown in Appendices B and C). Contact information was exchanged in case of a need to cancel or adjust class schedule. Class ground rules, which included making an effort to get started by 4:30 as well as confidentiality, were discussed. A brief overview of the syllabus was completed and the format of the next five classes was explained. Three of the women expressed conflicts with time and asked if they could leave 15 minutes early each week. Permission was granted. Other women asked if they could participate despite conflicts with at least one of the weeks and it was decided that missing one week would not eliminate participation in the classes. Participants were asked to contact the instructor via phone or email if they had a history of mental illness that they wanted to discuss with the instructor prior to beginning the class. No participant’s contacted the instructor expressing any concerns regarding mental illness throughout the 6 week course.

I discussed my background, how I had become interested in intuition, and the scope of the six-week course. I explained that the course was part of a service project for a Master’s degree through Atlantic University. Participants were thanked for taking part

in the classes. During the first class I discussed the definition of intuition, some history, and its usefulness in everyday life.

Exceptional Human Experiences (EHE), as examined and studied by Rhea B. White, were explained and examples given, with attention given to the idea that not all experiences are necessarily viewed positively. According to White,

Exceptional human experience is an umbrella term for anomalous experiences that transform the individual who has them so that they are engaged in a process of realizing their full human potential, which makes the experience an exceptional one. There are many types of experiences, usually instances of the psychic, mystical, healing, death-related, encounter, and desolation/nadir type, as well as those we call peak experiences.

Because of their importance, our main concern has become the aftereffects. If an experience does not have any lasting effect on the experiencer, it remains simply an anomaly, and so can be viewed objectively as a one-time happening, now finished. However, some anomalous experiences become personalized. They become part of the experiencer's life. They have become exceptional experiences (EEs). These, in turn, can initiate a process that has ongoing transformative aftereffects. Then the experience becomes an exceptional human experience (EHE). (White, 1999)

The idea that these experiences are perhaps most appropriately viewed in the context of how they may change or evoke transformation of the individual experiencing

them was discussed. Participants were then asked to introduce themselves by name and describe an exceptional experience EE or EHE that they had experienced. All participants were able to recall one or more EE or EHE that they had experienced. Two participants expressed distress that their experiences seemed negative and that they were somewhat frightened of having other negative experiences. Both of those participants seemed acutely interested in hearing about others' more positively viewed experiences and seemed to delight in them. A participant asked for the website for Exceptional Human Experiences and it was provided. Although the first class started late the participants appeared very interested in the discussion and seemed excited for the next class.

Class #2

Sept. 15th

Entering Divine Mind

I began the class by answering a couple of questions related to Week 1. Several people were interested in Rhea B. White's website on EHEs so that information was provided again.

The class was officially started with a brief book report and recommendation for The Intuitive Heart and why I felt it was an excellent book for someone beginning the intuitive path. The Intuitive Heart process is used to enter a state of consciousness that is "in harmony with Divine Order" (Reed, IS540 study guide), and is especially well thought out as it first induces a calm/meditative/receptive state, then links this feeling to the heart which prepares the individual to receive the intuitive guidance from the superconscious mind. It is a training tool to achieve the state of consciousness whereby

non-biased intuitive guidance can flow. The method starts with breathing, then achieving a flow state with the breath. It then brings attention to the heart which is the seat of love and compassion. It links this feeling with reaching out with love and then invites a memory from your own history. The memory is then interpreted as a story which can be used to offer guidance to your self or another. The participants seemed to accept and resonate with the idea that our hearts are naturally intuitive. The book was highly recommended as an excellent source on intuition.

I instructed participants on an appropriate posture for following a guided meditation. Soft music (Liquid Mind) was played in the background while I guided participants through “Script for Entering the Consciousness of Divine Order.” (see Appendix D) The class was instructed on playing a modified version of the question and answer game as described on the video series Divine Mind by Henry Reed. We did not use oracle cards but otherwise followed that procedure. We talked about looking for synchronicities and patterns when using this and other divination methods.

The question and answer game (a memory card game) was played following the meditation. The game began as participant’s were guided into a flow state and asked to write down on a note card a truth or bit of wisdom that they would like to share with others about what they had gained from their life. Those cards were placed into the “answers” jar. Participants were instructed also to write on another card a question or inquiry, with care to note that their question would at some point be read out loud and shared with the group. Those cards were folded and placed in the “question” jar. We then began the question and answer game, with the first participant pulling a card from the “Question” jar. Without opening the question card, the Reader was either guided

again into a flow state or achieved it on their own and allowed a memory to come forward. The first volunteer in the memory game noted that she had gotten her memory earlier and felt confident that she would use that one. At least three participants felt they had already been given a memory to use and would not need to be guided back into the flow state. Each participant was able to invite a memory and share it with the class. The next step in the game is for the inner diviner to see a story within the memory. In many instances the inner diviner was able to complete that step on their own and see the story within the memory, as well as offer it as guidance for the questioner. In other cases the inner diviner was assisted by class members who helped and offered insight on the story and guidance. The participant whose question was being intuitively explored next reached into the “Answer” jar and read their statement. In each case the participant was able to resonate with the intuitively achieved “answer” they had received as well as the intuitively achieved “memory/story.”

In one instance I was able to offer a different spin on the story that seemed to resonate much better with the questioner. The question that had been posed was from a woman who asked how she could experience more harmony in her family life. The memory that another participant had was of growing up in a household where she didn't feel that special but on one occasion, which was a Homecoming dance, her mother had shown her special attention and had pressed and laid out her dress for her. The memory was something that this woman was able to draw upon, even in her present time, of feeling loved and special. When she interpreted her memory story she thought maybe the questioner should do more things for her family. The questioner looked upset and said she did too much for them. We then looked at the story a little differently and thought

that perhaps she was being told that though her family seemed to take her actions for granted now that they would one day look back at all she had done for them and be grateful and know how much their mother cared for them. The questioner seemed much happier with that interpretation than the first.

As a group we were able to find very nice synchronicities between the memories, stories, and questions. Most of the participants participated with ideas on how the memory could be turned into a story and then a message even when it was not officially their turn. In all cases the message on the inspiration card was also relevant to the questioner. Overall it was a very successful class. Participants seemed eager to share what they were coming up with intuitively even when it wasn't necessarily their turn.

Class #3

Sept. 22, 2009

Meditation

We began by briefly reviewing the previous week's material.

I then talked about meditation and different ways meditation is perceived. I talked about different states of consciousness, brain waves, and how it is natural to fall into meditative states during rote or repetitive activities. When asked about their experience with meditation most of the women reported that they had attempted meditation at one point during their lives, and the topic came up of what to do when thoughts invaded meditation. I gave some tips regarding meditation, and we discussed different ways meditation might look or work for individuals. The handout "The Inner Smile" (see Appendix E) was provided and everyone was asked to join in meditating with that technique while I read through the script. Edgar Cayce's concept of having an Ideal

was discussed as a way to assure that the subconscious material that might come up during meditation would be of a superconscious nature. The group was given some time to begin to think of what their own personal ideal might be.

I then did a brief book review on Synchronicities as Spiritual Guidance by Mark Thurston.

We completed the drawing and box activity and broke into groups of two. The headings of the boxes were given, and then participants were able to practice using their intuition and applying it to simple pictures drawn by their partner (see Appendix F).

I noticed that one group, after explaining what they thought the pictures meant, also thought about how they could change the pictures to create new perceptions about themselves. It was an added bonus for the activity and perhaps one that I will adopt another time as it added a co-creative component for their futures.

The group was asked to bring a personal item to class #4 for psychometry readings. The participants seemed especially pleased that they were able to gather additional information from the drawings intuitively. The class went very well.

Class #4

September 29th, 2009

Psychometry and the Ways of Perceiving

As participants entered the classroom, they were asked to place their personal item that they had brought for psychometry practice into a basket.

We began class by reviewing how to get into a flow state and the state of consciousness of Divine Order (Reed). We recalled how during the 2nd class we were able to use that method and then retrieve a memory that could be made into a story and

presented to someone as guidance. We also discussed how during the 3rd class we had played with a homemade divination tool and used the pictures/symbols to speak to us intuitively.

I gave a brief book review of The Field as suggested reading material for those who may like a more scientific approach to attempting to understand intuition and psychic phenomena.

Psychometry, or sensing vibrations from an object, was introduced along with clairsentience, clairaudience, clairvoyance, and knowing as ways to receive subtle impressions from objects. I gave examples of these ways of receiving information, with instructions to return to the state of consciousness of Divine Order and allow something new to come in. Participants were given examples of how they might experience subtle impressions and were encouraged to allow things that at first might seem like their imagination to develop. The fine line between imagination and intuition was discussed. The first item was pulled from the basket and passed around the room and each participant was able to give 2-3 impressions that they were picking up from the object. If the object was their own they were instructed to play along as if it weren't. Examples of objects that participants brought were items of jewelry, a piece of embroidered fabric, and a mirror. The skill builder was approached in a playful manner and was met with success and several psychic hits.

The groups then split into two smaller groups and the remaining personal items were passed around. I asked for a volunteer to record the impressions noted from each participant with a particular object. Afterward the volunteer recorder read aloud each of the impressions so that participants could see how their impressions resonated with the

owner of the item. This offered the object owners time to validate any intuitive impressions as they matched to their object. At the end participants were asked to reflect on their manner of receiving impressions, whether they were mainly clairvoyant, clairsentient, clairaudient, or if in any cases a sense of knowing. Participants were encouraged to allow their own methods of intuitive knowing to be held with gratitude. Individual ways of receiving and understanding one's own intuitive language was encouraged. The class went well and participants were all able to experience some type of clairvoyance, clairaudience, or clairsentience.

Class #5

October 6, 2009

Working with a Template

We reviewed the ways thus far we had learned to tap into our own intuition. The memory divination and picture divination were briefly reviewed. We reviewed how we had gotten into flow and worked from a place of compassion and gratitude when offering guidance to others during our skill builders. We discussed how beneficial it is to meditate or work with intuition from this state and to also have an Ideal to help guide us through our meditation and intuition work.

We reviewed how the psychometry skill builder was for the purpose of learning about subtle impression. We talked about that being a beginning skill that could be built upon.

We discussed briefly how we can all work on our own understanding of metaphor and symbols during everyday life and how that will help us in building our intuitive language and understanding. Divination for guidance was discussed along with a brief

history of divination, different divination tools, and how we can begin to understand how divination works -- through synchronicity and determination, or a strategy of a way to look at something and then read into it. I gave a book report on I-Ching by Robert Browne Walker and recommended it as a form of divination that addresses how to deal with one's current circumstances.

A guided visualization was completed using Script #1 from Mark Thurston's book Synchronicity as Spiritual Guidance as an outline (see Appendix G). The concept of using a template to allow one's intuition to work was described. A template is a preconceived situation or mental picture that one creates in their mind. The following templates were explained:

- Imagining what someone would do if they walked up to a piano which symbolized innermost voice (Katz 200).
- Watching what someone would do with a window to symbolize ability to envision personal goals (Katz 200).
- Imagining what type of weather one was experiencing to symbolize their emotional state.

Class participants then chose a template to work with and experienced through imagination/intuition what was happening. They were given a chance to then explain what the story or metaphor was. Each person had a chance to pick two templates to work with and experienced success in what their intuition had come up with through validation for those for whom they had read. My help was needed to tweak understanding of symbol and metaphor, but only slightly. Participants were able to see how important developing their own understanding of their own symbolic language is in intuitive work.

They were also able to see how kick-starting the process with a template was very helpful.

Class #6

October 13, 2009

Symbols

The Post Course Survey was passed out for participants to fill out. Some participants had emailed me asking if it was possible to continue meeting. We discussed possibilities around continuing class on a monthly basis if we could find a place to hold the class other than the school setting.

We reviewed the ways we had learned to tap into our intuition, such as the picture divination, the memory divination, using our clairsentience, clairvoyance and clairaudience during psychometry, and working with templates to jump-start our intuition.

We reviewed how using the Intuitive Heart method, and how beginning our process with setting our Ideal, helped to lessen bias and make sure our information was coming from a trusted source.

I talked about Carl Jung and his theories on the Collective Unconscious, archetypes, individuation, and synchronicities. The importance of understanding symbols and metaphors to deepen our connections and understand intuitive language was explained.

I recommended Awakening your Psychic Powers by Henry Reed for further reading material.

I talked about the Higher Self as a concept and how our Higher Self can be helpful in both our psychic development and in our process of individuation. During the meditation (based on material shown in Appendix H) participants were given a chance to meet the Higher Self. Afterwards participants were given a chance to discuss what, if anything, had happened during the meditation. About half the participants wanted to share their experiences, which were very different from each other but all positive in nature. Some explained that they had seen symbols, and we discussed how they could explore their symbols later after the class.

I explained how an individual could teach themselves to tune into their physical bodies in order to interpret intuitive “yes” or “no” through clairsentience. Participants closed their eyes and were asked to note the differences in their bodies upon hearing the word “yes” and then the word “no”. Everyone expressed some ability to feel or sense a difference in how they felt during the yes and the no. Participants were asked to share their sensations when hearing the word “yes.” Most reported feeling an expansive feeling or as if they were opening up or rising higher. When hearing “no” most reported feeling squashed down or as if they were shrinking. This was repeated a few times. We talked about how some people may feel this as a change in vibration, with yes feeling higher and no feeling lower.

Participants then broke down into groups of two and a topic was suggested such as sports, chocolate chip cookies, politics, etc. Partners were asked to feel yes, no, or neutral with their bodies in determining how their partner felt about the topic. They were then encouraged to continue describing more about how they thought their partner felt about that topic using their intuition. Partners were switched three times and a total of

seven topics were used during the skill builder. Participants were excited to see how much they intuitively knew about how their partner felt about the topic. They were encouraged to reflect on how the information came to them and on what subtle impressions led them to such accurate intuitive hits.

Everyone was thanked for their participation in the group. Participants also thanked me. The last class went very well.

Results

In order to facilitate measuring results from the project, a pre- and post-project survey was administered to the group. This survey consisted of 11 questions to be rated on a scale of 1-6 and two open-ended questions on the post-course survey (see Appendices C and I).

In comparing the change in responses between the pre- and post-course surveys, the degree of impact is shown below in rank order of biggest impact to least impact.

1. Intuition comes to me at random moments – I can't control how or when it strikes	-0.8
2. I believe science can ultimately explain all phenomena that we experience	0.6
3. I know what intuition is	0.4
4. When making an important decision about my life, I rely more on facts and information that I do gut feelings or hunches	-0.4
5. I am able to live in the moment	0.3
6. I feel like I am missing something in my life	-0.3
7. My level of experience with divination tools (Tarot, I-Ching, runes, etc.) is	0.1
8. I have a good understanding of my inner world	0.1
9. I feel connected to other people	0.1
10. I consider myself to be an intuitive person	-0.1
11. I am open to new experiences and new ways of perceiving the world	0.0

The area of biggest impact, the ability to control the use of intuition, is both expected and encouraging, given that this is the primary intent of the project. The increase in the belief in science was a bit puzzling at first glance, but perhaps can be understood in light of the very objective, non-religious approach the project took towards explaining what was happening during exercises. It was also expected that participant's understanding of what intuition is would increase, and it was gratifying to see in question #4 that the class seemed to be applying their new skills in their daily lives. The rest of the impacts were relatively small.

Additional insights can be gained from the responses to the open ended question in the post-project survey. The answers to the open ended questions showed that most

participants felt they experienced some personal growth or changes in their day to life resulting from being in the intuition class. Following are the responses to the Question “How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?”

- I have a lot of questions, and I tried to get more information, but I have some doubts. I have a lot of things going on in my life, and it is difficult to concentrate. I would love to know more about myself and be able to help my lovely daughters and other people around me. Honestly, I get a little bit of scared, sorry, I don't mean anything bad, but I'm afraid to know things that I will not have any control in it. I believe that I have to learn more and be open to new things. I liked the group, and sharing stories with each other. Thank you for your time.
- Most of all I have learned that I do indeed possess the intuition necessary and fine turning my awareness will help further my ability and reassure me of this skill.
- I am interested in all kinds of ways to “know.” I have found new friends here at school. I can trust my “hunches.” I can feel confident in the answers I receive.
- More grateful-saying thank you and meaning it-noticing symbols, number, coincidences, repetitions, etc.-trust myself more.
- I'm more open to new ways of thinking and experiencing things. I have learned to “tune in” and believe that we are able to have this ability if we nurture it. The class has given me something to look forward to.
- I am more aware of my ability to connect to the energy that is everywhere. I am more aware of/more open to experiencing my intuitive abilities. I have a more positive view on life.

- I am surprised how much information I picked up during the exercises. I see how each of us has intuition. The heart connection we were taught gave me a point to begin. I feel safe with the group and instructor. I believe I have more confidence.
- I feel like I have just scratched the surface. I need to practice more! I am more intuitive than I realized. When we start an exercise I am fearful that nothing will come through. Then I am so surprised when I “get” something.
- I have grown to trust my instincts, 6th sense. It has also helped me understand how to clear my mind and let my feelings guide me. I am more in tune with “the fleeting visions” I experience.
- I feel more inspired to access the intuitive part of myself more often. I am being reminded constantly of the importance of meditation. Hold onto objects and listen to the messages and I will get “something.” That surprised me.
- I have learned to look at intuition in a more broad sense. There are many experiences that I have had which I had not recognized as intuitive/spiritual until talking more about it during these sessions.

And in response to the Question “What am I doing differently in my daily life as a result of my participation in the intuition classes?”

- Not much at all, I bought some meditation music and couple books on positive thinking. I still need to learn more on this subject.
- I check in with my intuition more frequently before making a decision or responding to something. I realized I have this ability and do not need to rely on factual information as I have always done in the past.

- Trusting my hunches-asking for guidance-reading more-trying to quiet my mind more everyday while driving, getting ready for bed.
- Trust myself more-judging less- finding light in otherwise difficult event or situation. Starting to meditate or just get quiet for a few minutes each day - pulling cards, starting I-Ching.
- Mediation-trying to live my life more from a “pure heart” state and reading, studying more about intuition.
- More meditation. More conscious connection to “energy” source. More aware of communication from my loved ones, angels, etc... those residing on other planes.
- I’m using and trusting my intuition more and using the heart connection.
- I ask for guidance more in my daily life. I am learning to trust my intuition. I am learning to be more observant. I look for signs in everything around me.
- For some reason I am able to tune out the negative energy some put out and just move on. I am putting myself first. Also, I am taking the time to acknowledge visions, thoughts, and feelings and to “go with them” without analyzing situations as much.
- I am meditating more. Trying to stay tuned to the messages and feelings that happen moment to moment. Made a list of reading materials that Janette has exposed us to and hope to read some soon.
- I am making a more conscious effort to be in the moment. I am also trying to remember my dreams, pay more attention to them. I am curious to learn more about meditation.

Conclusion

The women in this intuition class fell within the age range of upper 30's through 60's. This is a time of life when we are often inspired to look at our life and experiences through fresh eyes. It can be the time of mid-life or identity crisis if we do not chose to explore more deeply our true natures. It is the time in life where we are given choices about what to do or where to focus our energies. It can be an incredibly rewarding time as we revitalize ourselves for the next half of our lives. Old things fall away and we are given a chance to look deeply into the questions of what we believe and why. We are given experiences where we can come to grips with the parts of our personalities that have served us and those we wish to transform.

I believe the intuition class that I offered helped the participants with this very natural process. During one of the classes I talked a bit about how your 40's are a pivotal time of introspection and change. When I looked around the room I saw every head nodding "yes." The six-class series was designed to teach more about tapping into one's natural intuitive skills. Yet, underlying that and perhaps more importantly, it was designed to help this group of women get a glimpse of their own divinity, ways of knowing that are their birth right and speak volumes to their own abilities and powers as women. When I told Ms. Mathis that there would be 13 women participating in the group she mentioned that it was the number of the Goddess, a synchronicity I was quite pleased with. The class was also designed to present new ways of thinking about things and to encourage self-introspection and looking for patterns in life as a way to feel connected and comforted.

On a personal note, I enjoyed this class very much. I was encouraged to see how these women were able to step out of their comfort zone and recognize their own intuitive abilities. I was very proud of them for doing something that would be perceived as unconventional to many and we did so with quite a few laughs. It was a pleasure to be part of such a group. I believe this course served as a nice introductory course into one's own intuition and encouraged new ways of thinking and seeing one's world.

I can not think of anything I would do differently if I were to offer a six-week session like this again – and in fact I would use this experience as a template by which to conduct future classes. Eight of the original 13 women have decided to continue meeting monthly to work on intuition in development classes I am offering. Two more of the original 13 have expressed interest in continuing on in intuition development when their schedules allow.

I can think of many ways classes like this could continue with different populations. I was just told recently that originally a male teacher wanted to attend the group but somehow felt it was only for women. I would want my future groups to be welcome to males. I have recently been working with several women who are experiencing frustration with their teenagers who are having difficulty navigating choices and decisions. Some have been diagnosed with bipolar disorder by medical doctors. I think it would be very interesting to offer this type of class to teenagers since it is a time when being able to tune into your highest sources of guidance seems especially pertinent. I plan on discussing this six-week course with the program director of a local recreation facility to see if there would be community interest. I've also thought of discussing

offering this program in a weekend workshop to Occupational Therapists and seeing if they could receive CEU credits for doing so.

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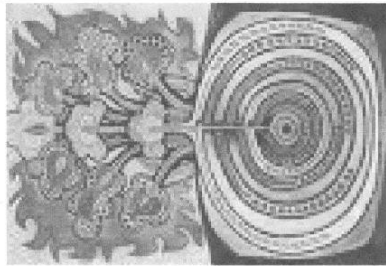
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Appendix A



www.worldofspirit.net

Intuition Development Project

By Janette Kaye

Tuesdays Sept. 8th, 15th, 22nd, 29th and Oct. 6th and 13th.

4:30-6:00pm Room # TBD

██████████ School, Indianapolis, Indiana

This six-class series focuses on recognizing, understanding, developing, and honoring your intuitive abilities

- ❖ Register via ██████████
- ❖ All levels welcome, but geared towards the complete novice
- ❖ Free tuition (this is a master's degree service project)
- ❖ Class size limited to the first 12 participants
- ❖ Please bring materials to take notes

Contact Janette Kaye with any questions at 317-850-6057 or janettekaye@worldofspirit.net after Aug. 28th.

Appendix B

Participant Consent Form

I agree to participate in the project/workshop led by Jessie Kaye Cochran, as a part of the Master's Degree Program for Atlantic University.

I understand that any information that I provide will be used in the project and that my personal identity (name and address) will be kept confidential and my personal identity will not be shared unless I give my permission to share it. However, I understand that any information I provide may be used by the researcher for the project or workshop results, as long as my identity is protected by alteration or anonymity.

I understand that I will not receive any financial or special-gifts type benefits from participating in this project/workshop, nor will I experience any harm from participating in this project/workshop.

By signing below I give my consent to participate in this project/workshop.

Signature _____

Date _____

Appendix C**Pre-Course Survey****Demographic Data**

Gender: M F

Occupation: _____

Education level: HS BA/BS MA/MS/JD PhD/MD

Questions

(1 = nonexistent/not at all/strongly disagree, 2 = minimal awareness/rarely/disagree, 3 = familiar/somewhat/mildly disagree, 4 = some experience/often/mildly agree, 5 = significant experience/very often/agree, 6 = highly experienced/nearly always/strongly agree)

I know what intuition is	1	2	3	4	5	6
I consider myself to be an intuitive person	1	2	3	4	5	6
I am open to new experiences and new ways of perceiving the world	1	2	3	4	5	6
My level of experience with divination tools (Tarot, I-Ching, runes, etc.) is	1	2	3	4	5	6
When making an important decision about my life, I rely more on facts and information that I do gut feelings or hunches	1	2	3	4	5	6
Intuition comes to me at random moments – I can't control how or when it strikes	1	2	3	4	5	6
I feel like I am missing something in my life	1	2	3	4	5	6
I believe science can ultimately explain all phenomena that we experience	1	2	3	4	5	6
I have a good understanding of my inner world	1	2	3	4	5	6
I feel connected to other people	1	2	3	4	5	6
I am able to live in the moment	1	2	3	4	5	6

Appendix D

Script for Entering the Consciousness of Divine Order

So just close your eyes now and turn your attention inward, toward your breathing.... Just allow yourself to become aware of your breathing, just let your breathing happen on its own, naturally, while you are aware of it.... Let your breathing be. Let go of any control over your breathing and simply watch it happen by itself.... Just allow yourself to discover the natural flow of your breathing. Just allow yourself to go with the flow.... The breath naturally comes and goes, it's a natural flow and it has a lot to teach you. Let's begin by placing your focus on the exhalation, the breath flowing out. Notice how the breath flows out.... It's a natural letting go, a relaxation.... Let the exhalation teach you how to relax, to let go. With each exhalation, you learn how to relax a little bit more.... With each exhalation, you learn how to let go a little bit more.... Just let yourself relax and let go with each exhalation.... As the breath goes out, and you relax and let go, you release all control over your breathing.... You can now accept the incoming of the next breath.... Let each incoming breath come to you on its own power, in its own time.... Let each incoming breath teach you how to accept, to receive.... As the breath goes out, relax, let go and wait for the next incoming breath to come on its own.... Let go of any need to make the inhalation happen according to your own will and simply accept the incoming breath as it comes on its own.... Each cycle of breathing gives you another opportunity to experience the relaxation of letting go and trusting the next breath to come on its own.... Discover that you can trust in the breath to come on its own.... Experience the breath as taking care of itself, taking care of you, removing the old air and bringing you new air.... Experience the breath as a gift, taking care of you, cleansing you and renewing you, bringing you the gift of life.... Enjoy the feeling of the breath of life coming to you as a gift. Life breathes you, spirit breathes you.... Experiment for a moment with feeling gratitude for this gift of life. Just allow yourself to feel grateful for the gift of life coming to you freely, giving you what you need.... See what it is like to experience gratitude for the breath that comes to you as a gift.... Give yourself permission to enjoy the feeling of gratitude. Focus your feelings of gratitude in the area of your heart. Let your heart to be the center of your experience of gratitude and notice how it responds.... Allow gratitude to soften your heart. Allow your heart to become warm, expanding, blossoming with love.... Allow your entire body to become in harmony with this feeling of love. Your heart is open now and a channel of love. Discover the higher consciousness that resides in your open heart.... Your heart can reach out and merge through love with anything you'd like to know about. Your heart can make a love connection with anything, become one with anything that you wish to know about, and bring it into your heart, where your heart brings natural understanding.... Listen as your heart speaks to you. Feel the love flowing through your heart as it gives you an important message for you now.... [extra pause] Accept the truth of your heart. Accept this opportunity to allow the higher consciousness of love to bring you needed wisdom or inspiration. OK, now, let's take a deep breath, exhale, and release this meditation. Wiggle your fingers and your toes, stretch and open your eyes.

Appendix E

The Inner Smile Meditation

The Inner Smile

Meditation Technique

by
Dan Landrum

"In ancient China, the Taoists taught that a constant inner smile, a smile to oneself, insured health, happiness and longevity. Why? Smiling to yourself is like basking in love: you become your own best friend. Living with an inner smile is to live in harmony with yourself."

Mantak Chia

This informal technique is simple and easy to remember. Initially, begin by relaxing yourself. When calm and centered, bring your awareness to the very center, inside your head.

Visualize, looking out from the center of your head and see the inside of the 'mask' of your face. Starting with the inside of your forehead, simply notice the broad, screen-like surface where, now blank, clairvoyant visions might play out.

Next, direct your attention downward, witnessing the inside of your eyeballs, eye sockets and the muscles and skin around the eyes. The eyelids are closed. There is nothing to see 'out there'. Simply witness these marvelous 'windows to the other world' with the shades drawn. See the inside of the eyes and feel. Feel your eyes as they are in their neutral, relaxed state.

Next, direct your attention downward, witnessing the inside of your nostrils. Take a moment to observe the ebb & flow of life as it passes through this forward-reaching vent. Simply witness the inhale and exhale as it is.

Next, direct your attention downward, witnessing the inside of the mouth and lips. Notice the mouth is relaxed, teeth slightly separated, the tongue lightly

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The Inner Smile Meditation

pressing the roof of the palate against the back of the upper teeth. See the inside of the lips and feel. Feel your lips as they are in their neutral, relaxed state.

Finally, direct your attention downward, witnessing your jaw and chin. See and feel the muscles, skin and bone from the tip of your chin to the hinge of the jaw, as they are in their neutral, relaxed state.

Pulling back your focus, witness the whole of the inside of the mask of your face, as it is in its neutral, relaxed state.

Again return your attention to your lips, to the corners of your mouth. Notice the feeling of the corners of your mouth as they are in their neutral, relaxed state. Now, ever so slightly, raise the corners of the mouth until you feel the 'inner smile'. Perhaps imperceptible by an outside observer, you are lifting the corners of your mouth, ever so mindfully, until you feel a distinct shift in energy, a warm sense of well-being.

Allow the corners of your mouth to remain in this uplifting position and turn your attention to the inside of your eyes. First, notice them as they are in their neutral, relaxed state. Then, ever so slightly, raise the corners of the eyes until you feel the 'inner smile' feeling here also. The corners of the eyes and mouth should now feel like one unit radiating a distinct, warm sense of well-being. This feeling is The Inner Smile.

As an informal practice, whenever it occurs to you, periodically come back and witness the neutral inner mask of your face throughout the day. Bring your attention back to feeling the inner corners of your mouth and eyes as they are in any given moment. Then choose to reset The Inner Smile.

As a formal practice, the energy of The Inner Smile can be consciously directed downward into the heart, the belly, the liver, the stomach and other digestive organs; to the bones, blood, nervous system ... to the whole of the body ... in directed flows through particular parts of the body or as a global radiating whole. You can apply these flows intuitively while sitting quietly, or if you prefer more formal directions see "The Inner Smile" chapter in Mantak Chia's book "Awaken Healing Energy through the Tao".

'Half smiling' mindfulness exercises by Thich Nhat Hahn:

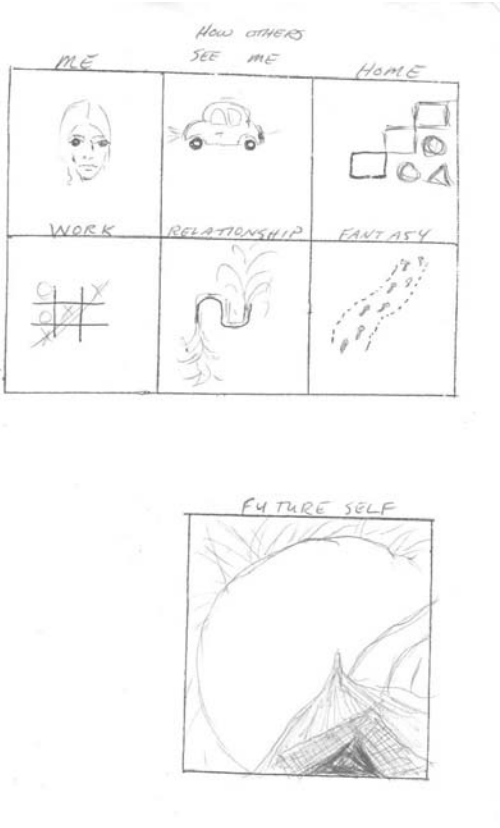
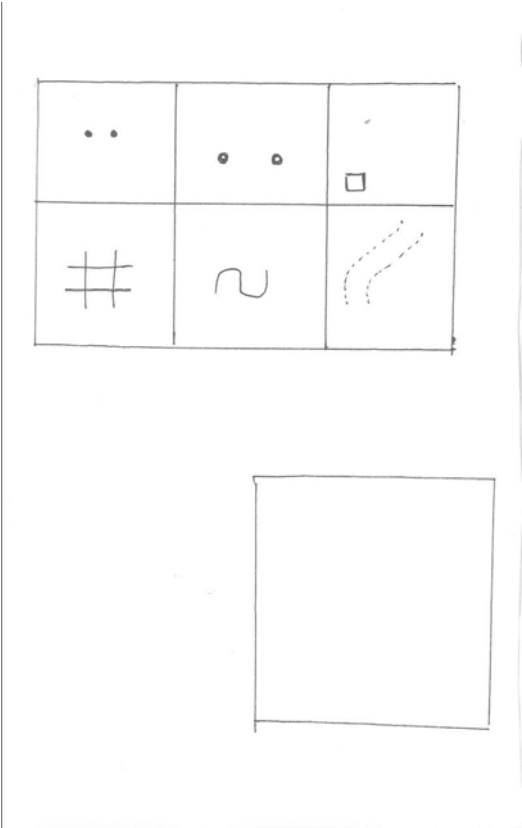
Half-smile when you first wake up in the morning

Hang a branch, any other sign, or even the word "smile" on the ceiling or wall so that you see it right away when you open your eyes. This sign will serve as your reminder. Use these seconds before you get out of bed to take hold of your breath. Inhale and exhale three breaths gently while maintaining the half smile. Follow your breaths.

Appendix F

Drawing and Box Activity – Start

Drawing and Box Activity - End



Appendix G

suggestions. The second one is particularly geared to preparation to use the I Ching. It's designed for use during the third week of the personal research project.

You'll need to create an audiotape recording of the scripts. Read these words slowly into a tape recorder. Or, if you find the sound of your own voice distracting, ask a friend or family member to record this script for you. Each meditative experience should take ten minutes or more, so make sure the reading isn't hurried.

Although these two experiences are especially geared to the steps of the research project in chapter 7, they can be used informally whenever you sense the need to retune yourself to the direction and guidance that comes from meaningful coincidences.

Script #1

First of all, choose a quiet place where you won't be disturbed for the next several minutes and just sit comfortably. Now, as you feel the quiet of the room around you, close your eyes and just breathe deeply and smoothly for a moment. You needn't force your breath into any rhythm, just let it find its own natural flow. With every cycle of inhalation and exhalation imagine that you become more and more relaxed. Allow your breath to put you in touch with the natural rhythms of life. It's as if the whole universe is breathing with you.

As you breathe in and out, you feel connected with the heaving of ocean waves and the gentle sigh of wind on a spring day. As you hear the flowing in and flowing out of your breath, you seem to hear also the gentle splashing of waves and the rustling of pine trees in the wind. Take a moment now and allow your breathing to merge more and more with this universal rhythm of life.

This gentle rhythm flowing through you has a very relaxing effect on you. You feel embraced and supported

by this universal breath. It seems to flow through your whole body, relaxing every muscle and nerve. You notice particular parts of your body responding to this heave and sigh of the universe.

You feel a relaxation behind your eyes. This relaxation expands, releasing the muscles in the face and the head. Then you feel the muscles in your neck and shoulders loosening as all tension melts away. This relaxation continues down your back, loosening every vertebra. As this happens, your body feels more and more buoyant, as if you could actually float through the air. You're supported by this universal breath. You feel your knees relax, then your ankles, and finally your toes. Your whole body feels relaxed and alive and aware of the living breath of the universe, flowing in and around you.

You feel connected, you feel one with all creation. In this state, you become aware that all things in the universe are born of one Creator. This Creator is the spirit of love. All things are its children; therefore, all things are related to one another. Furthermore, you become aware that this Creator, this spirit of love, is mindful of all its children. Everything that happens in the universe is noted by the Creator. All things are noted within the mind of the Creator.

This is a very comforting realization. For you know that the Creator is also mindful of you. You are known and loved by this universal parent. What's more, there is a plan and purpose to your life. You are who and where you are not by chance but by design and purpose. Ultimately, your purpose is to manifest this spirit of love to all those you contact throughout the day. Only you can fulfill this purpose through your particular time and space. Your experiences and relationships are all a part of this plan and purpose. Nothing happens by accident. Everything that happens is somehow related to your unfolding purpose and destiny.

In this quiet time of reflection, you realize that the oneness and purposefulness of life are true. You realize that the events which happen to you are always meaningful. You realize that there is meaning and insight to be gained in even those events that seem random or accidental. Therefore you offer a prayer to the Creator of the universe and the Creator of you. You ask for help in recognizing the meaningfulness of life's events. You offer this prayer:

Creator of the universe, be mindful of me and help me in my search for the meaning and purpose of life's experiences. Help me to recognize the common thread of meaning to the seemingly random events of my day. And, loving Creator, help me as I try to sift out the guidance that is available to me through these meaningful relationships. Guide my search. Help me through this study to fulfill my purpose and destiny in the earth. I know You are mindful of me. I know You love me. I have faith in Your power to guide and direct my life.

As you finish this prayer, you feel a new sense of vitality. You feel supported and directed by the living rhythm of the universe. You feel keenly aware of the interconnectedness of all things. You feel a new consciousness of universal directness. You feel the abiding presence of the creative spirit of love. Now your awareness begins to return to your breathing. You become aware of the gentle ebb and flow of breath filling and emptying your lungs. You become conscious of your body located in this space and time. You feel completely refreshed and alive. When you're ready, you can open your eyes. You now feel completely awake and alert, yet you also feel in tune with the rhythm of the universe. Your consciousness is prepared to observe the meaningful relationships that bind

together the separate events of your day. You're also prepared to search out any possible message or guidance that may lie behind these synchronous events.

Script #2

This guided visualization experience is designed to prepare you for an optimum experience when you consult with the I Ching. In this reverie, I'm going to guide you on an imaginary journey. You'll begin the journey with a specific question in mind, and you will end as you pose that question to a holy master; a wise man or woman. The question you pose will be that one that you intend to ask using the I Ching. Therefore, if you don't have that question clearly in mind, pause the tape now and formulate the question. When you have it clearly worded, place your copy of the I Ching along with coins, note pad, and pencil near you, ready to be used at the close of the guided imagery experience.

Now sit comfortably in a quiet place where you won't be disturbed for the next several minutes. Close your eyes, and take a moment to settle into where you're sitting. Begin to feel the specialness of this time as it gathers around you and enfolds you. Put away any distracting thoughts. For the next few minutes you have no obligations, nothing is calling for your attention.

You're completely free to focus entirely on the sanctity of this moment. Your daily concerns are fading behind you. You feel yourself moving forward into new and uncharted experiences. You feel newly born, bright and fresh; like a butterfly emerging from its cocoon. With every breath you feel more and more liberated from the confines of your regular routine. With every breath you feel lifted out of the ordinary. You feel transported to a new place and a new time.

Slowly, a scene begins to emerge in your mind's eye.

Appendix H

In this quiet time of reflection, you realize that the oneness and purposefulness of life are true. You realize that the events which happen to you are always meaningful. You realize that there is meaning and insight to be gained in even those events that seem random or accidental. Therefore you offer a prayer to the Creator of the universe and the Creator of you. You ask for help in recognizing the meaningfulness of life's events. You offer this prayer:

Creator of the universe, be mindful of me and help me in my search for the meaning and purpose of life's experiences. Help me to recognize the common thread of meaning to the seemingly random events of my day. And, loving Creator, help me as I try to sift out the guidance that is available to me through these meaningful relationships. Guide my search. Help me through this study to fulfill my purpose and destiny in the earth. I know You are mindful of me. I know You love me. I have faith in Your power to guide and direct my life.

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Now sit comfortably in a quiet place where you won't be disturbed for the next several minutes. Close your eyes, and take a moment to settle into where you're sitting. Begin to feel the specialness of this time as it gathers around you and enfolds you. Put away any distracting thoughts. For the next few minutes you have no obligations, nothing is calling for your attention.

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Slowly, a scene begins to emerge in your mind's eye.

You're standing alone at sunrise on the ocean shore. Over the ocean you can see the sun just breaking the horizon and splashing its orange light across the water. You hear the breaking waves. The air is cool but the rising sun feels warm on your face. You've come here for a moment of solitude and reflection.

There is a particular question in your mind that you've been struggling to resolve. You've weighed the various alternative answers to the question, yet you still feel uncertain and undecided concerning this situation in your life. You wish you had someone to talk to about this matter. Someone who would have profound insight and understanding . . . both of your feelings and of the situation.

And as you stand on the beach, musing on these thoughts and looking out over the ocean, you notice something in the distance. At first it seems like just a dot on the horizon, but as it comes nearer you see that it's a tall, masted sailing ship. It sails closer and closer to you. Soon you can see it clearly. It has three masts with square rigging. It's completely white with very graceful and beautiful lines. Soon it anchors just a few hundred yards from the shore. It looks majestic yet very friendly.

Then a small boat descends from the ship. The boat has three people in it, all dressed in white robes. Two of them begin rowing toward you and the third kneels at the bow of the boat waving to you and smiling. You then realize that the one waving to you is a woman with beautiful long hair and a friendly smile. Finally the boat brushes against the sand of the beach, and the young woman calls you by name and invites you into the boat. At first you hesitate; you ask her who she is and why she's inviting you into the boat. Her only reply is this, "You have asked in your heart to meet with a counselor who can help you resolve your mission. If you desire, I will take you to this person."

The gentleness in her voice and the sincerity in her

face convince you to accept her invitation. You find yourself being hoisted into the white, three-masted sailing ship. The deck of the ship is spotlessly clean and white. The sailors are both men and women who perform their duties effortlessly. You're surprised to notice that there is complete silence on board. All you hear is the wind in the sails and the splashing of the sea. Your guide leads you to a bench at the bow of the boat and instructs you to wait there until the journey's end.

As you sit there with the eastern sun warming your face, you begin to feel excited and exhilarated in anticipation of meeting this wise counselor. You feel the gentle rocking of the ship as it glides across the calm water. The ocean spray cools your face. Eventually, you see land breaking the horizon as it comes nearer. You can see that it is a small green island with a single mountain rising up from its center. The ship continues to sail directly toward this island, and soon you hear the splashing of an anchor as the ship perches just a few hundred yards from the shore.

Your guide stands beside you and invites you once again into the small boat which will carry you to the island. As the boat rows toward shore, you ask your guide, "Is this where I will meet the wise counselor?" Looking into your eyes, she says with a warm smile, "It is." As the boat scrapes the beach sand, you both climb out. You expect to see the counselor waiting for you on the beach, but that person is not there. You turn to your guide and ask, "Where is the counselor?"

She turns to the center of the island, lifts her eyes, and says, "There. In order to meet this person, you must first climb the mountain of commitment." You hadn't expected this obstacle. Yet, after such a long journey, you're quite ready to go this extra mile in order to receive the counselor's advice.

Your guide shows you a path and promises to wait for

you on the beach until you return. She gives you a fond embrace and wishes you well. You turn to the path and begin to climb. At times the way is steep and your legs grow weary. However, after a short rest you begin again your climb up the mountain.

Finally your path leads you to a small clearing which stands before an opening in the side of the mountain. Standing in this clearing is a white-haired individual with a kindly face, who calls you by name and invites you to sit together under a nearby tree. As you both settle into the grass, you are offered some fruit. As you eat together under the tree, you begin talking to the counselor about the concerns of your life. You particularly discuss the issues that have been on your mind as the sun rose over the ocean. The wise counselor at first just listens and nods in understanding, looking at the ground. Finally, you pose that carefully worded question which you have come all this way to ask. Pose that question to the counselor now. As you wait to hear the words of advice, the counselor turns and faces you. You look into the eyes of this sage and you sense in them a deep wisdom. As you search the depth of these eyes, you hear the counselor's words, saying: "Help which will lead you to your own answer is coming soon; be alert for it." You feel a comfort in these words, and as the counselor smiles at you, the scene begins to fade.

You slowly and gently begin to float back to this time and place. Yet you feel the presence of this wise counselor abiding with you, even as you return to your awareness of here and now. You feel again your breathing which is low and relaxed. You feel refreshed and energized, yet you're still eager to hear the advice of the wise counselor. When you're ready, open your eyes and consult the I Ching, posing to it that same question which you asked the counselor.

Appendix I

How have I changed or grown as a result of my participation in the intuition classes,
and/or what have I learned about myself?

What am I doing differently in my daily living as a result of my participation in the
intuition classes?

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I feel more inspired to access the intuitive part of myself more often. I am being reminded constantly of the importance of meditation.

Hold onto objects & listen to the messages & I will get "something". That surprised me.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

I am meditating more. Trying to stay tuned to the messages & feelings that happen moment to moment.

Made a list of reading materials that Janette has exposed us to & hope to read some soon.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I have learned to look at intuition in a more broad sense. There are many experiences that I have had which I had not recognized as intuitive / spiritual until talking more about it during these sessions.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

I am making a more conscious effort to be in the moment. I am also trying to remember my dreams, pay ^{more} attention to them. I am curious to learn more about meditation.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

More grateful - saying thankyou and meaning it - noticing symbols, numbers, coincidences, repetitions etc. - trust myself more.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

Trust myself more - judging less - finding light in an otherwise difficult event or situation. Starting to meditate or just get quiet for a few minutes each day - pulling cards started I Ching

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I am interested in all kinds of ways to "know". I have found new friends here at school. I can trust my "hunches". I can feel confident in the answers I receive.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

Trusting my hunches - Asking for guidance - Reading more - Trying to quiet my mind more everyday while driving, getting ready for bed.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I have a lot of questions, and I tried to get more information, but I have some doubts. I have a lot of things going on in my life, and it is difficult to concentrate. I would love to know more about myself and be able to help my lovely daughters and other people around me. Honestly, I get a little bit of scared, sorry, I don't mean anything bad, but I'm afraid to know things that I will not have any control on it.

I believe, that I have to learn more and be open to new things.

I liked the group, and sharing stories with each other. Thank you for your time.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

Not much at all, I bought some meditation music and couple books on positive thinking. I still need to learn more on this subject.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

Most of all I have learned that I do indeed possess the intuition necessary. Fine tuning my awareness will help further my ability and reassure me of this skill.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

I check in with my intuition more frequently before making a decision or responding to something. I realize I have this ability and do not need to rely on factual information as I have always done in the past.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I'm more open to new ways of thinking and experiencing things.

I have learned to "tune in" and believe that we are able to have this ability if we nurture it.

The class has given me something to look forward to.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

meditation -

trying to live my life more from a "pure heart" state and reading, studying more about intuition.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I am more aware of my ability to connect to the energy that is everywhere. I am more aware of / more open to experiencing my intuitive abilities. I have a more positive view on life.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

- more meditation
- more conscious connection to "energy" source
- more aware of communication from my loved ones, angels, etc... those residing on other planes.

How have I changed or grown as a result of my participation in the intuition classes,
and/or what have I learned about myself?

I am surprised how much information I
picked up during the exercises. I see how each of us
has intuition. The heart connection we were
taught gave me a point to begin. I felt some
with the group and instructor. I believe
I have more confidence.

What am I doing differently in my daily living as a result of my participation in the
intuition classes?

I'm using and trusting my intuition
more and using the heart connection.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I feel like I have just scratched the surface. I need to practice more! I am more intuitive than I realized. When we start an exercise I am fearful that nothing will come through. Then I am so surprised when I "get" something.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

I ask for guidance more in my daily life. I am learning to trust my intuition. I am learning to be ~~be~~ more observant. ~~listen~~ I look for signs in everything around me.

How have I changed or grown as a result of my participation in the intuition classes, and/or what have I learned about myself?

I have grown to trust my instincts, 6th sense. It has also helped me understand how to clear my mind and let my feelings guide me. I am more in tune with "the fleeting visions" I experience.

What am I doing differently in my daily living as a result of my participation in the intuition classes?

For some reason I am able to tune out the negative energy some put out and just move on. I am putting myself first. Also, I am taking the time to acknowledge visions, thoughts, and feelings and to "go with them" without ~~spending~~ analyzing situations as much.