

DUALITY

Accessing Your Intuition
Week 7



YOUR OFFICIAL PROGRAM WORKBOOK

Week 7

7 Simple Tips To Get The Most Out Of This Week:

1. Print out this workbook before listening to this week's session so you can write down your notes as you listen. This workbook includes only the most important slides from the videos.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the contents.
3. While going through this week's session, write down ALL interesting and new ideas and inspiration you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this week's session.
5. You have 3 checkboxes next to the title of each video in this week's session. You can mark each video as either completed, favorite or watch again. This will help you keep track of your progress.
6. Listen to the daily meditation each day. Mornings are best, but anytime is ok. For best results, please start the daily meditations right away, even if you haven't watched the videos for the week.
7. Read the "Self Practice" and "Partner Practice" exercises at the end of this workbook. These real-world exercises can be practiced anytime during the week. They are an important part of integrating energy awareness and healing into your daily life.

Preparation Tips For The Meditation Part Of This Week:

- Make sure you are in a quiet place where nothing can distract you, and that you are not operating a vehicle or any other machinery. Be in a comfortable position so you can fully take part in the meditations.
- Take a deep breath. Deep breaths slow the heart rate and relax the muscles to help you have a comfortable experience during meditation.

Happy Learning :)



THE NEXT PART IS FOR YOU TO TAKE NOTES WHILE YOU LISTEN TO THIS WEEK. THESE WILL BE THE IMPORTANT TAKEAWAY POINTS FOR THIS SESSION.

7-1. Connecting With The Duality Group

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

To begin each week, Jeffrey guides you in meditation to connect with the other Duality students energetically – in the present, past, and future. Whether you're listening as a group, or by yourself on your own schedule, this is a powerful way to deepen your learning experience.

What is your intention?

7-2. What Is Intuition?

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Intuition, Synchronicity, Abundance

- Why is Using Your Intuition Important?
- What is Intuition?
- How do You Use Your Intuition?
- Energy Tools to Improve Your Intuition
- Making Decisions & Having Good Timing
 - Creating Synchronicity & Abundance
- Practice Exercises for Developing Your Skills



Life without Intuition

- Driving With **no Map/Directions**
- Many **Guesses & Mistakes**
- Many Stops, **Slow Progress**
- **Living Smaller** than Potential
- **Missed** Opportunities
- Needless **Difficulties**
- Frustrated & **Unfulfilled Life**



Living with Intuition

- Driving with **Fantastic GPS**
- Less Misses, Better **Focus**
- **Relaxing**, Quick Progress
- Have to **Let Go** of Control
- Live Beyond Your **Dreams**
- Amazing **Synchronicity**
- Great **Flow & Abundance**



What Does Intuition Look Like?

- Common Limiting Ideas
- Palm or Astrology Reader
- Crystal Ball Fortune Teller
- Mind Reader
- Charlatan or Trickster
- **Intuition** Looks Like **You!**
- **Everyone** has Intuition!



Is Intuition Your Sixth Sense?

- **Physical Matter** is a Special Case of **Energy**
- Certain Frequencies **Localized** in Time & Space
- **Physical Perception** - Special Case of **Energy Perception**
- Body's version - Perception Localized in **Time & Space**
- **Intuition** is a Broader Case of Energy Perception
- Not Localized - **Unrestricted** in Time & Space
- All the **Same Senses** Without this Restriction



What is Intuition?

- Sensing **Energy** without Physical Body Limitations
- Broad **Time** Perspective
 - What's Happening Right **Now**?
 - What Happened in the **Past**?
 - **Future** Possibilities?
- Broad **Spacial** Perspective - Here, There, **Anywhere**

Is Knowingness Your 6th Sense?

- What about **Knowingness**? (beyond the 5 senses)
- **Thought** is a Special Case of **Understanding**
 - Not a physical sense, Not localized in time/space
 - Your Thoughts are Localized to Your **Belief System**
- **Knowingness** is Broader Case of **Understanding**
 - Not Restricted to Your Belief System!

Intuition Is...

- Sensing **Energy** without Physical Body Limitations
- **Understanding** Beyond Your Pictures (Belief System)

Physical / Rational Perception



Physical World
Local to Your **Body**
Understanding
Local Your **Beliefs**

Intuitive Perception

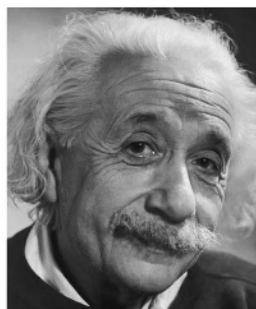
Physical World &
Energy World
Limitless
Understanding



"The **intuitive mind** is a
sacred gift, and
the **rational mind** is a
faithful servant.

We have created a society
that honors the servant and
has **forgotten the gift.**"

-Albert Einstein





Intuition Warmups: What did you experience?

- What did the food smell or taste like?
- Could you see your old house?
- Could you hear the nature sounds?
- Could you feel the sun on your skin?
- What was your friend thinking?

7-3. Improving Your Intuition

☐ Complete

♡ Favorite

☆ Watch again

Types of Intuition Perception

Clairvoyance	Seeing beyond the body
Clairaudience	Hearing / Listening beyond the body
Clairsentience	Feeling / Touching beyond the body
Clairance	Smelling beyond the body
Clairgustance	Tasting beyond the body
Claircognizance	Knowingness beyond body & beliefs
Pictures	What you think you saw, heard, felt..

Intuition Tools

Grounding Cord

- **Focuses** Your Awareness in Your Body





Intuition Tools

Analyzer Off

- Less Blocked by Your Pictures

Center of Head

- Your Body's Intuition Center (Third Eye)



Intuition Tools

Earth & Cosmic Energy

- Mix about 10% Earth Energy with 90% Cosmic Energy
- Increases Your Clarity



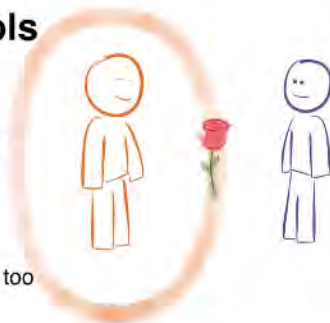
Intuition Tools

Permission Rose

- Helps You Maintain **Neutrality** & See Clearly

Aura

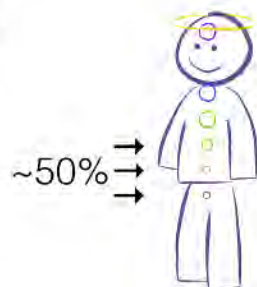
- Adjust **Size** to Change Focus
- Arms-length is always ok too



Intuition Tools

Chakras

- Turn down 1st, 2nd, 3rd Chakras (the lower 3) to about 50% flow
- Shifts Awareness to the Upper Chakras
- Reduces Sensitivity to Your Body's Pictures

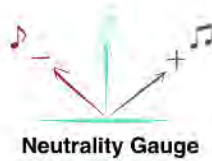




Intuition Tools

Neutrality Gauge

- Helps you Be Aware if You're Making it Up



Clairvoyant Reading Screen

- Like a **Intuition** Movie Screen
- Front Area of Your Aura Where You **Naturally** Receive **Visual** Information
- Bring Information **To You**
 - **Rotate**, **Zoom**, Change Time
- **Neutrality** Gauge in Corner



7-4. Creating Synchronicity & Abundance

- ☐ Complete
- ☐ Favorite
- ☐ Watch again

Synchronicity & Abundance

- There is Always a **Natural Flow** of Energy & Events
- **Synchronicity** is How You Know You're in the Flow
- **Abundance** Comes Naturally From Being in the Flow
- Being in the **Flow** Requires...
 - Choosing the **Right Opportunity**
 - Taking Action at the **Right Time**
- **Intuition** can Help You with Both of These

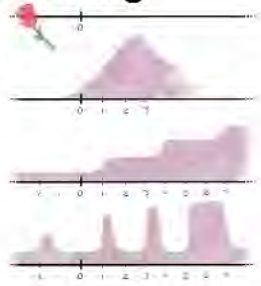
Looking At Choices

- **Visualize** Your Possible Paths
- **Imagine** Walking Each Path
 - What do you **See**, **Hear**, **Feel**?
 - What else do you **Know**?
- Any Additional **Hidden** Paths?
- Choose a Path with **Intuition**
- **Energy Ball** to Light Your Way



Looking At Timing

- Visualize a **Timeline**
 - When Should I Take Action?
- **Clear** Bias and Expectations
- Count Forward
 - See, Hear, Feel **Changes**
- **Trust** & Follow Your Intuition
- Look Again **Periodically**



Guided Journey

Finding Direction & Timing

What did you experience?

- Which path had the strongest flow?
- Was there an extra path?
- Could you feel the timing?
- Did you trust your intuition?



7-5. How To Practice Your Intuition

Gaining Certainty

- Initially, can feel like your Making it Up!
- Certainty comes with **Time, Practice & Validation**
- Just **Listen** and **Observe**, don't plan or analyze
- Start with **Small Decisions** & Work up to Bigger Ones
- Use the tools you have certainty in, to check yourself
 - Muscle Testing, O-Ring Testing, Pendulum, etc.
- **Neutrality Gauge** is great for Yes/No/Unknown

Expectations & Accuracy

- Don't have **Unrealistic** Expectations!
- Instant Intuition Switch - **100% Accuracy** in 1 hour
- **Win the Lottery** or Flawlessly Predict the Future
- **Intuition** is not Omniscience :-)
- 1 Mistake Doesn't Mean Total Failure
- Compare to pre-Intuition **Results**, not to Perfection

Neutrality & Wishful Thinking

- **Excellent** Neutrality → Clear and **Accurate Results**
- **So-So** Neutrality → **Fuzzy** or No Results
 - Run Energy, Clear Pictures, Try again Later
- Really **Not Neutral** → **Wishful Thinking**
 - Believing Your Pictures. Same as "Normal" Thinking
 - Run Energy, Clear Pictures, Try again Later

Intuition Wishful Thinking

Grounded	Spacey / Out of Body
Calm	Agitated / Lit Up
Neutral	Not Neutral
It's ok if I'm not right. (but I still think I am)	I *AM* Right! (because if I'm not, I'll die)
Amused	Serious
Maybe I am Crazy :-)	Everyone Else *IS* Crazy!



Opening The Door To Your Intuition

- 1) Understanding Intuition
- 2) Clearing Your Pictures
- 3) Adjusting Your Energy
- 4) Visualization Techniques
- 5) Practice, Practice, Practice



Self Practice Exercise

1. Review Your Day With Your Intuition

Before bed, review your day with your intuition. Imagine it unfolding again. See, hear, feel what happened. Use roses to clear any pictures or charged energy. Notice one thing you didn't notice before.

This is a great exercise for developing your intuitive abilities.

2. Preview Your Day With Your Intuition

When you wake up, imagine how your day will unfold. Turn off your analyzer. Don't plan it or think about it. Just try to watch from neutrality. What's going to happen today?

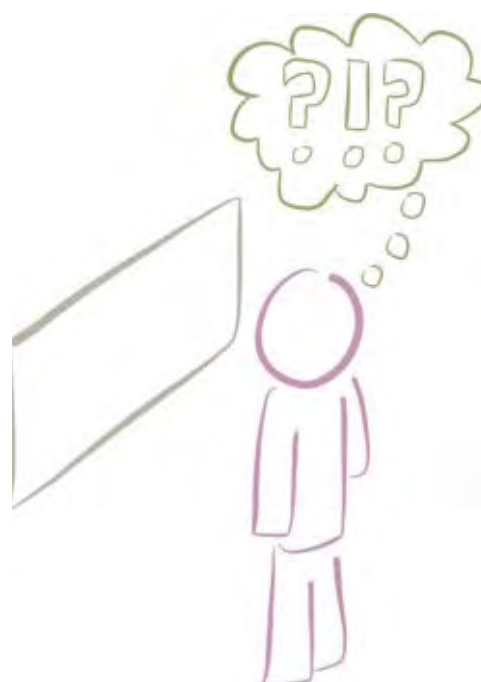
Try acting on your intuition, and see what happens. This is a great exercise for developing your certainty.

3. Start Using Your Imagination

Let yourself engage your imagination like a child. Let yourself be curious. "What would he look like in a green shirt?"

"What if I could drive to work and never stop at a red light?"

"What if ..." is a great question for tapping your knowingness – for understanding beyond your pictures.



Partner Practice Exercise

Listen to a friend while they describe their day – either in person or on the phone.

Ask them to visualize it in detail as they describe it to you. What colors were there. Was it loud or quiet. How did their day FEEL to them?

Let yourself see their day – like your clairvoyant movie screen is playing their movie! Let yourself see, hear, and feel the details – before or after they tell you.

Notice when you're thinking and turn off your analyzer. Just observe and follow along with their story.

This is a great exercise for learning to read energy. It teaches you to stay in neutrality instead of engaging in wishful thinking.



Benefits of Using Your Intuition

- See the World with Clarity
- Be Less Emotionally Charged
- Enjoy a Much Deeper Experience with the World
- Feel More Confident About Your Choices in Life
- Enjoy Amazing Synchronicity & Abundance!

Keep Practicing!

- **Practice** is the Only Way to Develop Your **Skills & Certainty**
- Keep it **Simple!** Be **Curious!**
- Use What is **Easy** for You
- Don't have to Master ALL of the Tools
- **Don't Think** Too Hard!
- **Have Fun!**





USE THIS SPACE FOR ANY ADDITIONAL NOTES, DRAWINGS, CHARTS YOU HAVE:

