

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

# INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

## **YES/NO HOMEWORK**

Before you begin, please note: The answers to these statements are on the next page, so please do not scroll down until you have tuned into each of these statements first!

Here is a list of various statements about me. Some of them are true, and some are false. Just like in the class 2 video (make sure you've watched it first), I want you to take a moment and get centered, before asking yourself and your body whether or not the statements are correct. Notice how your body reacts, and write it down. The answers to these statements are on the next page, so make sure you do not scroll down until you've tuned into each of these statements first!

### **ASK YOURSELF: IS THIS TRUE ABOUT THEA?**

- I used to live in Maryland when I was young.
- I am an American citizen
- I used to work in a bakery
- I used to work as a Hawaiian hula dancer
- I used to work for a PR company
- I get motion sickness
- I love strong licorice
- I love peppermint chocolates
- I hate jogging
- I have previously adopted a cockatoo bird

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## ANSWERS TO: IS THIS TRUE ABOUT THEA?

- Yes
- No
- Yes
- Yes
- No
- Yes
- No
- No
- Yes
- No

## HOMEWORK:

Now ask a friend or acquaintance to give you several statements about themselves, some false and some correct, that you do not already know the answers to. These statements can be about big things in the person's life, or just small trivial things such as what they had for lunch yesterday. Then try this exercise again, of tuning into your friend's statements, and noticing how your body reacts. Does it agree that the statement is correct, or does it disagree?