

FOUNDATIONAL INTERNAL COMMUNICATION

Getting to know yourself- from the inside.

LIKE/ DISLIKE- Detects subconscious Stress

Think of something you like

Get the feeling for it- feel it, smell it, know it.

Notice how your body feels- right it down

Think of something you dislike.

Get the feeling for it- feel it, smell it, know it.

Notice how your body feels- right it down

Did you notice a difference- What was it- can you assign the terms of a positive and negative feeling to it?

True /False- Detects Subconscious Truth

Say your name emphatically, like you know who you are.

My name is (Your name).

Notice how your body feels- right it down

Say a name not your own, preferably opposite sex

My name is (opposite sex name).

Notice how your body feels- right it down

Did you notice a difference- What was it- can you assign the terms of a positive and negative feeling to it?

Yes /No - binary communication with your system

Think silently in your mind- Yes, Yes, Yes

Notice how your body feels- right it down

Think silently in your mind- No, No, No

Notice how your body feels- right it down

Did you notice a difference- What was it- can you assign the terms of a positive and negative to it? For easy association.

Feel your body- notice what you notice.

No judgments, no restrictions you are learning how your body talks to you, and learning to listen to your body.