



Intuitive Heart Discovery Exploration Process

"In My Experience" Memory Divination

Here's What Happens:

- Meditation - The Inspired Heart Meditation
- Sharing - Stories about dreams
- Training Exercise - The "In My Experience"
Discovery Process—Memory Divination
- Experiment for the Week - Memory divination on
book passages

What We'll Learn:

- To be able to allow random memories to spontaneously
come to mind
- To realize and express a variety of metaphoric lessons
or truths implied in a memor
- The ability to use spontaneous memories as intuitive
insights on undisclosed questions

Intuitive Heart Discovery Training Exercise

"In My Experience" or "Funny You Should Say That..."

Read Aloud:

We've learned how to enter a flow state and the heart space. We learned the value that these special qualities of heart consciousness have. Now we will learn how to use these skills in an applied manner. We are going to learn the ritual of discovery that is at the foundation of the Intuitive Heart training.

This procedure is called "In My Experience." It has also been called, "Funny you should say that," because this intuitive ritual of discovery has a lot in common with spontaneous intuitive in human relationships. It has also been called "memory divination," as it uses a spontaneous memory as the divinatory focus.

How many memories can you possibly recall? You've had millions and millions of moments of experience, in this life, not to mention other possibilities. What are examples of these countless memories?

- Recalling how yesterday, you forgot to put water in the coffee maker and then wondered why there was no coffee to drink
- Recalling how when you were four years old, you asked your mom about how come people can't get along but animals can and your mom said it was because people are too smart for their own good.

- Recalling the song, “When you walk through a storm, keep your head up high...”
- Recalling those summers when you lived with your grandparents and they had you prepare one meal each week on your own.
- Recalling that time you awoke from a dream, and was amazed by it, but then had forgotten it by morning except how it excited you.

Every single experience you’ve ever has the potential to elicit several memories.

Pretend that all your memories, the millions and millions of momentary experiences you’ve ever had, are like a bunch of ping pong balls or marbles in a giant spherical bowl, like the bowls used in state lottery drawings. All your memories, big and small, significant and insignificant, traumatic and pleasant, even neutral and trivial, are all little balls in this giant bowl.

Now, imagine shaking and rolling this big memory bowl around and around. It’s best to stick out your arms and wave them around and around, the way a football umpire might in giving some signal, but you’re imagining that you are rolling this large memory bowl. After you’ve rolled the bowl around three times, bring your arms together and clap your hands. At the clap of your hands, let yourself be surprised by the first memory that comes to mind.

Do It!

Discuss:

Did everyone have a memory come to them?
Were you surprised by the memory? Was it one you’ve not thought of for some time?

Do It!

Read Aloud:

We'll now learn how to discover the theme or meaning in a memory.

Let's explore the theme of a memory. Remember how we learned to perceive the theme in a dream? We practiced with two dreams that had very different elements on the surface (one about avoiding an accident at a traffic light, and the other about noticing in time that the cream had spoiled) but with a very similar theme (*by noticing something not right in time, the person avoids an unfortunate event*). We can apply that same learning process to memories.

Here is an example, using again two similar memories. We use these kinds of examples so we can better perceive the underlying theme that they both have. That way, we get some help in seeing the theme level in contrast to the literal level.

In one memory, a person recalls seeing a person climbing a steep boulder and wondering if he would be able to get to the top without falling.

In another memory, a person recalls taking a test in school with no preparation and didn't know if he was going to pass it.

These two memories are different in literal content, yet they share an underlying theme: *Someone encounters something and is uncertain of the outcome of it.*

That's a good "description" of the memory's theme. If the theme of your memory were "*Someone encounters something and is uncertain of the outcome of it,*" what would be the truth, or the lesson, or the "*prescription*"?

Discuss what might be the truth, lesson, or prescription implied in this memory.

Do It!

Read Aloud:

Let's spin our memory bowl once again. Give it a good shake, and ask that a memory, a memory of a specific experience in time, pop into your awareness. Now, on the count of three: One! Two! Three! Accept that first memory that comes.

Do It!

Read Aloud:

We will now play the memory bowl game again, and this time, we'll then take the collection of memories and see how we can perceive their themes.

Let's spin our memory bowl once again. Give it a good shake, and ask that a memory, a memory of a specific experience in time, pop into your awareness. Now, on the count of three: One! Two! Three! Accept that first memory that comes.

Do It!

Read Aloud:

Let's have each person who received a memory share that memory with the group. The group can then help the person brainstorm how to reduce the memory to a simple theme, a description of what happens. Does the memory have a moral? Is there a prescription? Does it express some truth? If the memory were a teaching story, what would be

its lesson? These are various questions that can elicit insight from the memory.

Do It!

Read Aloud:

We are now going to learn how we can use the themes and prescriptions in memories to get intuitive insights on specific questions. We'll begin by focusing our intent on a specific, but unknown question, a question that is written down at a special place, where we can find it later, after we have conducted our memory divination.

We'll spin our memory bowls with the intention that the memory that pops out will be the one you'll use to analyze the special secret target question (printed out at a spot later in these instructions). We will look up that question after we have received and processed our memories. We'll then use the themes and prescriptions from our memories to analyze the question.

So let's spin our memory bowls now... and on the count of three, with the intention of fun and discovery of new insights concerning the special secret target question, let a specific memory pop out...

One ...

Two ...

Three ... Accept that first memory that comes.

Do It!

Read Aloud:

Let's take a moment to make some notes about our memory.

Do It!

Read Aloud:

Although each memory is quite literal and specific, we can also explore the memory as a learning experience. Every one of our memories is a potential learning experience. One might say that our soul is the collection of what we have learned from experience. To give an example, here's a memory:

"I was looking up at a tree, for some reason, when I noticed this beautiful cat staring down at me. I couldn't help but think of the Cheshire cat in Alice in Wonderland, and I felt a moment of enchantment."

What might be the truth or lesson in this memory? By paying attention to an urge to look more carefully, we may be surprised by what we discover and it could take us to another world.

Let's go around the circle now, and let's have each of us share our memory and we'll explore its metaphoric lesson. After everyone has had a turn, we'll look at the special secret question and explore how our memory divinations apply.

Do It!

Read Aloud:

Let's now refer to the the special secret target question, which you can find, printed upside down, just before Part 4, Evaluation of Learning Objectives. Read aloud the Secret Target question. Then proceed around the circle to brainstorm how each memory's lesson applies to this question.

Do It!

Read Aloud:

Now that we've seen how memory divination, when performed within the context of our special unifying heart meditation, provides us with intuitive insight into an issue we thought we knew nothing about. We see into the unknown using our sensitivities and modes of understanding that we have polished from countless past experiences, which enables us to "know from within." Now we will apply this process to the opportunity to help someone else by sharing of our experience. We will use memory divination to act as an "intuitive consultant" for someone and their undisclosed personal challenge.

Who would like to get some help regarding a personal challenge or concern going on in their life? Don't mention what it is right now, keep it a secret.

Identify one volunteer to play the role of the focus person who will be "the seeker" for this demonstration. Get a second volunteer who will be the "intuitive consultant." And then get a third volunteer who will be willing to read aloud the instructions for this demonstration.

Do It!

Read Aloud:

Who would like to get some help regarding a personal challenge or concern going on in their life? Don't mention what it is right now, keep it a secret.

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Do It!

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Logistical Hint:

It can be helpful to make a recording of this induction. After the demonstration, when it is time for the group to form pairs to do this exercise, there may be no “odd person out” who can read the induction, and that is where a recording can be helpful. There may be a recording of the induction at <http://edgar cayce-intuitionschool.org/intuitiveheart/resources>

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Read Aloud:

Here’s how the demonstration will proceed: Have the “seeker” and the “intuitive consultant” sit facing each other. Have the third volunteer read the instructions for Step One and Step Two, or play a recording of the induction.

Volunteer Reads Aloud:

Step One:

Focus person, this instruction is for you: The focus person SILENTLY identifies the specific issue that is of concern. This sets the intention of the exchange that will follow. By setting your intention, focus person, you are saying “This is the situation confronting me on which I want a new, helpful perspective.” That is all this person has to do, at the moment. Set your intention, sit quietly, and we’ll direct these next set of instructions to the helping person.

Step Two:

A volunteer reads the Induction Script for “In My Experience,” provided at the end of this session. Alternatively, make a recording of the script and play it.

Do It!

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(Demonstration continues...)

Volunteer Reads Aloud:

Intuitive consultant, here are your instructions for the next few steps:

Step Three:

Tell the seeker about the memory that came during the meditation. Tell it like a story. Do not judge the quality of the story. It may seem trivial or that it has nothing to do with the focus person. Just tell it like it is!

Do It!

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(Demonstration continues...)

Volunteer Reads Aloud:

Step Four:

Intuitive Consultant, now that you have told this story, take this memory into your own heart, surround it with love, and ask your higher self for guidance as to what this past experience has to teach you today.

Thinking out loud, speaking from the heart, explore how this memory has a lesson to teach you today. Searching your heart for wisdom for the benefit of your partner as well as yourself. Trust that as you speak from the heart, you will be guided to draw inspiration from this memory that will be helpful to you as well as provide guidance to your partner's concern.

Do It!

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(Demonstration continues...)

Volunteer Reads Aloud:

Step Five:

Now that you have finished with your sharing, Intuitive Consultant, it is time for your partner, the focus person, the seeker person, to reveal the subject matter of their concern and to give you some feedback.

Focus Person, tell the Intuitive Consultant what was your intended concern and give some feedback about insights that came to you while listening to the consultant's memory-story and reflections.

Do It!

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(Demonstration continues...)

Volunteer Reads Aloud:

Step Six:

Intuitive Consultant, having heard your partner's focus, share any further ideas about your story and how it may be helpful both to you and your partner. The partners may add any further insights that come up as a result of the sharing.

Do It!

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(Demonstration continues...)

Volunteer Reads Aloud:

Step Seven:

You and focus person may exchange a hug to bring closure to this sharing.

Note:

If this were an actual session, rather than a demonstration, it would be time now to switch roles. The Intuitive Consultant becomes the Seeker and the Seeker becomes the Intuitive Consultant. Then the “In My Experience” ritual of discovery is repeated.

(End of Demonstration)

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Read Aloud:

Let’s review the steps of this foundation Intuitive Heart discovery process, “In My Experience.”

Intuition is initiated because of a need. One person’s genuine need sets an intention and gives a reason and focus for the other person’s intuitive response.

We prepare by first shifting our consciousness into the flow state, trusting in inspiration, then using the experience of gratitude to raise our consciousness into an awareness of love.

From the heart space we direct our attention to the focus of our intended intuition. We make a heart connection with our focus. In the hearts we are united. Becoming one, we have the basis for empathy (whether with another person or a thing or a subject matter).

Our willingness to share gives a focus that carries us beyond worrying about how “good we will do.” Caring enough to be willing to share extends our heart in wisdom. Love naturally helps the ego go beyond itself.

Trusting in inspiration, we allow the intuition to pick the memory. We have only to accept what comes. At the moment the memory comes, we do not know what guidance it may contain. We have to rely on trust.

As we describe the memory, we are telling a story. Accepting the story, telling its details, we share more of our experience. The details may prove important.

We make it into a teaching story by reflecting upon it. Intuition may bring us the seed, or the gift, but we have to reflect upon it to reveal its value.

We invoke higher consciousness once again by asking to be guided to discover the meaning in the story. Speaking from the heart means speaking spontaneously, we don't know what we are going to say as we begin talking, we don't plan it, but we are sincerely seeking for the highest truth and goodness as we talk.

The process works because we are willing to search our own heart earnestly in the presence of our partner. It is our caring, our willingness to share of ourselves that evokes the intuition.

When the focus person gives feedback, let us not simply take it as a right or wrong, but explore the connection, or a hint of a connection. Then we can add to it, build upon it. If the intention was sincere, then maintain it during the feedback and discussion process. We are drawn together in our sharing, in a discovery process.

We are learning. We are practicing. Explore in the spirit of discovery, keeping the focus on the process of sharing rather than on being concerned about right or wrong, or performing amazing intuitive feats.

Discuss:

- What if you get an image rather than a memory? Ask yourself: What does it remind you of?
- What if you don't get a memory? As yourself: What does that experience remind you of? Often the

person has experienced something, but has not considered it as relevant. It probably is.

Do It!

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Read Aloud:

Its time for people to explore for themselves the “In My Experience” game!

Form pairs who will serve as partners. Sit facing each other. In each pair, decide who will go first as the Intuitive Consultant and who will go first as the Seeker.

Do It!

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Read Aloud:

We will go two rounds with each pair. For each round play the recording of the induction for “In My Experience” and then follow Steps Three through Seven that were given during the demonstration.

Allow five to seven minutes for the sharing that follows the memory-story telling, then cease the conversations and switch roles.

Repeat the “In My Experience” discovery process with roles reversed.

Allow five to seven minutes for the sharing that follows the memory-story telling, then cease the conversations, with the group now ready to attend to the concluding disucssion.

Do It!

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Read Aloud:

Bring the group together as one.

Do It!

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Discuss:

1. Did you feel that your partner's story and reflections gave you new insights into your concern?
2. Did you and your partner find that you had something in common?
3. Did you notice that any bonding has occurred between you and your partner?
4. Consider this "reframing" of the experience by discussing the game from this perspective: Let the "Seeker" or "Focus Person" be called "The Teacher" and the "Intuitive Consultant" the "Student Story Teller." In this game, the Teacher asks the Student to come up with a Story that has a lesson to teach about an undisclosed topic. Thus the teacher evokes the student's latent ability.

Do It!

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Secret Target Question:

4.

Evaluation of Learning Objectives

Read Aloud:

Let's review our learning objectives and see how well we met them.

Here's some questions asking each of us for our response. We'll read one question, then go around the group and hear our responses:

- Have you developed some ability to allow memories to spontaneously come to mind?
- Can you find the theme or lesson in a memory?
- Did you find the memory divination process, “In My Experience,” meaningful? In what way?
- How is memory divination an example of “knowing from within?”

Do it!

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5. Experiment for the Week

Read Aloud: *How may I improve my relationship to intuition?*

Here’s a way for you to practice memory divination on your own. Take a book that is meaningful for you, and randomly insert a marker on a page. Go through the “In My Experience” process, but in this case, make your heart connection to the ideas expressed on the marked page.

After you explore your memory for its metaphoric truth or lesson, open your book and see if your memory divination provides you with added insight on the book’s passage.

Check the Supplemental Resources page online for more ideas.

You can practice your memory divination skills to give “In My Experience” readings for others, in a very simple manner.

Just tell your friend you are practicing the art of intuitive story telling. Ask your friend to think of something going in their lives about which they’d like a creative new perspective. Then take yourself through the process, making a heart

connection with your friend's undisclosed life event, and then share your memory as if you were telling a story, and then give the lesson. Afterwards, get your friend involved in a discussion.

Induction Script

"In My Experience"

Intuitive consultant person, close your eyes and relax into the flow state with this affirmation: "I can be aware of my breathing and let it be. I'm learning to let go and let Spirit breathe me."

Empathize with the feeling of each exhalation and allow yourself to relax as the air flows out.

With each exhalation, your natural breathing teaches you how to let go.

At first the letting go is physical relaxation. If there is any part of your body that feels tense, let it empathize with the feeling of the breath's exhalation, and let go.

Little bit, by little bit, the letting go becomes mental, as you find your mind quieting down.

Gradually, the letting go takes on a spiritual quality of surrender, as if "not me breathing me, but life breathes me.

The more profoundly you let go as the air flows out, the easier it becomes to experience the incoming breath as coming on its own.

As you receive and accept the naturally incoming breath, you are learning to trust inspiration.

"I am aware of my breathing and I let it be. I'm learning to let go and let Spirit breathe me. I'm learning to trust these inspirations."

Allow yourself to feel thankful for each incoming breath, coming to you freely as a gift from life. Allow yourself to experience appreciation, gratitude, pleasure as you receive and accept breaths from the Spirit of Life.

Experiment with the feeling of gratitude. Note that gratitude feels good. Enjoy the feeling of gratitude and let it grow more real the more you enjoy it.

Notice how gratitude feels in your heart. Let gratitude awaken your heart.

The heart responds to gratitude the way a flower responds to the sun... warming, softening, expanding, unfolding, blossoming with love.

Enjoy the feeling of love flowing from your heart.

By letting go and accepting your natural breathing, you are becoming an open channel of Spirit. By your gratitude you are becoming an open channel of love.

Enjoy the feeling of letting the love overflow from your heart.

You can feel an abundance of love, love is all there is, dissolving in the sea of love.

With such abundance of love flowing through you, your heart naturally reaches out to share with your partner, the "seeker person."

Allow your heart to reach out and make a heart connection with the seeker person.

Enjoy the experience of having a heart connection with the seeker person.

Allow yourself to care about the seeker person.

The abundance flowing through your heart and your caring heart connection with the seeker person naturally stimulates you to want to share of yourself with the seeker person.

You are willing to share of yourself to help the seeker person.

You've had an abundance of experiences in your life. Every one of these experiences is a seed of wisdom.

Although you are aware that the seeker person is focused on some personal concern, why bother thinking about that at all, when you can let Spirit do all the work.

Let your natural breathing remind you that you can trust the inspirations.

Ask Spirit to direct into your awareness a memory of a specific experience from your past. Ask that a memory will come to you that will provide you with a seed of wisdom for sharing, wisdom that the seeker person will be able to use to gain insight into their personal concern.

Mentally repeat this affirmation:

“I will now allow Spirit to direct into my awareness a memory of a specific experience from my past, a memory which when I reflect upon it later, will stimulate in me insights that will prove helpful to the seeker person’s concern.”

Accept the first memory that comes to mind. On the count of three, accept and trust that first memory that comes... one, two, three, accept that first memory.

In a moment you will open your eyes and describe this memory to your partner, as if telling them a story about what happened to you once. Then, speaking from the heart, spontaneously, share your thoughts about what this memory means for you today. If this memory were a teaching parable, what helpful message or truth do you find in it for yourself. After you’ve shared, the seeker person will reveal the nature of the concern and respond to your memory story. Then the two of you can brainstorm the connection between your story and the seeker’s personal concern.

OK, now, open your eyes.

Speaking aloud now, describe for your partner your memory, recalling the experience. Tell your partner the story of what happened, and reflect upon its meaning for you today.

