

Awareness and Action for Connecting with Source

LISTENING/TALKING

Inner Awareness -listen

Witnessing self talk: recognizing recurring themes, patterns of thinking, assumptions and belief. Receiving inner guidance & spiritual support in words. Forms of meditation.

Self-directed Action -talk

Journaling, mantras, affirmations, poetry, prayer, inner dialogue, inner guidance, asking questions, expressing/releasing emotions verbally, telling one's own story, inner conflict resolution, planning.

Outer-directed Action -talk

Communicating observations, feelings, beliefs, wants. Asking questions of others. Storytelling, drama, poetry, teaching, and writing. Guiding awareness, facilitating appropriate trance states, facilitating access to resources, encouraging and supporting healthy processing of emotions and energy, supporting dialogue to resolve conflict (inner and outer).

Outer Awareness -listen

Listening for thinking patterns: assumptions, beliefs. Listening for the feelings, wants and needs of others. Listening for goals, resources, obstacles, limitations. Recognizing synchronicities, reading signs and receiving spirit guidance through the words that we hear or see . ****

FEELING/MOVING

Inner Awareness - feel

Self scanning: recognize/ locate/identify patterns of sensation - incl. tension, temperature, rhythm, tempo, melody, emotions, and energy. Recognizing one's own body needs and impulses. Feeling Spirit in the body-ecstasy. Forms of meditation.

Self-directed Action -move

Breathing, movement (including authentic expression, dance, qigong), vocal expression, touch, and sound-making: rhythm, melody.

Outer-directed Action -move

Intentionally changing energy and awareness in people & situations through breathing, movement, touch or sound.

Outer Awareness -feel (touch)

High Sense Perception of people & situations - recognizing/ locating/identifying patterns of tension, emotions, and energy through touch, listening to tone and rhythm, & multi-sensory intuitive awareness and empathy. ****

LOOKING/MAKING

Inner Awareness - look

Witnessing internally generated/stored imagery: memories of people, places, things & events; internal maps: conceptual frameworks, imagery of beliefs & expectations, dreams & fantasies. Receiving guidance & spiritual support through imagery. Forms of meditation.

Self-directed Action -make

Drawing, painting, or building or other visible/tangible work for one's own spiritual growth. Actively working w/ imagery in creative visualizations, spontaneous imagery, shamanic journeying.

Outer-directed Action -make

Making visible changes: drawing, painting, building, repairing, inventing, cooking, gardening, cleaning, organizing, arranging.

Outer Awareness -look

Noticing important body language, facial expressions, situational cues; recognizing threats, resources and opportunities in one's environment. Recognizing synchronicities, reading signs (archetypal imagery, visual metaphor) and receiving spirit guidance through visible occurrences. ****