

## **Developing Your Theta Intuition**

In this exercise you will be going into the state of the Observer, simply noticing your own thoughts, feelings, emotions, images as you ask a simple question; 'If I knew about this person, what would I know?'

Go up to theta (ground align, go to theta, and while there observe what you imagine about another person). Ask a friend or someone you don't know very well if you can tune in while in theta and report back to them what you discovered.

### **Exercise "If I knew..."**

Time Limit - do this within 10 minutes

While in Theta with your eyes up silently ask yourself a question

**"If I knew about my friend (state their name)- what would I know?"**

Expand and come back down.

Simply notice what thoughts, images, feelings, impressions that you are aware of.

Write each down as quickly as possible without editing or immediately share what you observed.

Ask your friend to give you feedback on your accuracy of the impressions you shared.

Include any physical pains or blocks or spots you noticed in their body as well.