

Quantum Success

Quantum Thought and Intuition Week 3 Exercise

This exercise is for your learning only. You do not need to submit it to anyone for review. So take the time to be honest with yourself to uncover what is within you that wants to change.

Using the definitions we offered during this session, how do you now understand what intuition is and who has it?

How would you explain Mirror Neurons to someone?

Practice exercise: Mirroring

Observe another person real time or on TV and model their behavior.

What you notice about what you sense?

Has anything changed at the emotional level?

What is the best thing you notice?

Practicing your Me/Not Me skills

Check often whether your thoughts or feelings are Me/Not me - Command to clear.

Notice – either share or write down what you discover.

Retrain the Beta Mind – You need to retrain it to a new reality.

What new thoughts have you created?