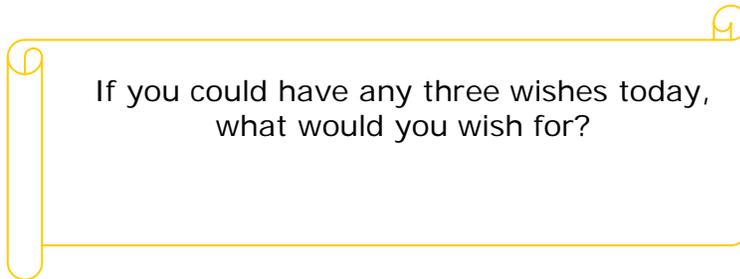


1. Three Wishes Corner



Do not include chores. Choose wishes that inspire your Life.  
Begin by completing a centering exercise that includes closing your eyes, stretching, and taking seven deep breaths.

Wish One

Wish Two

Wish Three

## 2. Best-Case Scenario — Walking Meditation

1. Begin walking in a calm, relaxed manner. Affirm, "I invite beauty, harmony, and joy into my Life." Then, take seven deep breaths while experiencing beauty, harmony, and joy in the scene that surrounds you.
2. Continue taking deep breaths and affirm, "I seek Loving Presence. I seek Loving Guidance."
3. As you continue walking, create a best-case scenario for the first subject that spontaneously comes into your mind. Complete it to your satisfaction. If your mind strays away from the subject, bring your attention back until you have created a very happy series of events that lead to a wonderful outcome.
4. Before allowing a new subject to enter your mind, fully complete each scene. Ask yourself, "Is this situation now happily complete?"
5. Take seven relaxed breaths while experiencing beauty, harmony, and joy in the scene that surrounds you.
6. As you continue walking, allow another subject to come spontaneously into your mind. Create a best-case scenario for this second subject. Once again, complete it to your satisfaction.
7. After completing each best-case scenario, experience the beauty that surrounds you. Then, continue creating best-case scenarios for each new subject, for the duration of the walk.

### Notes

If you cannot go for a walk, go for an imaginary walk. If possible, sit near a window that overlooks a natural scene. Or, inspire your imagination—Gather images of beautiful scenes from nature and put them in a folder.

Variation: Begin by creating a focus question: E.g., How can I overcome x? Then create a best-case scenario for each aspect of your question.

Share or recreate your experience: Write, draw, sculpt, incubate a dream . . .

### 3. Intuitive Explorations — Three Questions

1. Begin by creating the first focus question. For example, "How can I be the idea person guiding the creation of a 'Center for the Art of Joy'?" After writing Question 1 below, affirm, "I know the best-case scenario in answer to my question." Then take seven deep breaths focusing only on your breathing.
2. Affirm once again, "I know the best-case scenario in answer to my question." While taking the next seven deep breaths, focus on your **question** during the first breath. Then, during your second breath, focus only on your slow, relaxed breathing. Alternate your focus until you have completed the seven breaths.
3. In answer to your question, create a best-case scenario for Question 1 and express this best-case scenario in both images and words below.
4. As you complete each best-case scenario, create the next question on the same subject. Or, alternatively, take ACTION in response to your first question. Then pose a second.

Question 1 \_\_\_\_\_

Best-case Scenario Words

Best-case Scenario Images

Question 2 \_\_\_\_\_

Best-case Scenario **Images**

Best-case Scenario **Words**

Question 3 \_\_\_\_\_

Best-case Scenario Words

Best-case Scenario Images

### 4. My Intuition Window

When you come to the edge of all that you know, you must believe one of two things:  
there will be earth upon which to stand,  
or you will be given wings. Author Unknown

#### Instructions

1. Imagine four people whom you trust, admire, and like. Then, for each person, imagine a symbol that represents their best inspiration and guidance.
2. Draw each symbol near the corner of the "Intuition Window" and a symbol in the center.
3. Create a question for which you seek intuitive guidance and inspiration. E.g., How can I become more courageous and confident?
4. Affirm, "My intuition is strong and reliable." After seven deep breaths and meditation on a beautiful nature scene, affirm once again, " My intuition is strong and reliable."
5. Finally, imagine each person, their symbol, and your question until an image, song, or word spontaneously arises in your intuitive imagination.

My Question

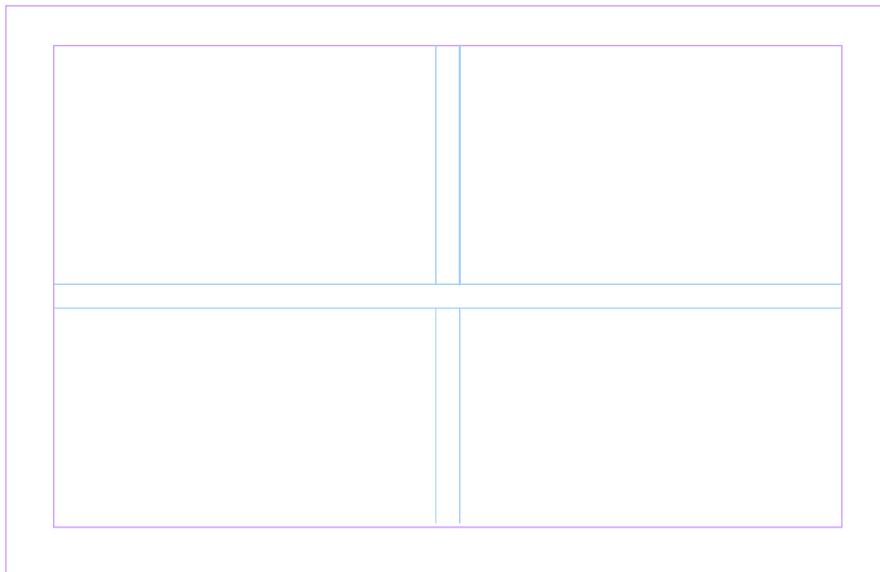
Near symbol one, imagine \_\_\_\_\_

Near symbol two, I imagine \_\_\_\_\_

Near symbol three, I imagine \_\_\_\_\_

Near symbol four, I imagine \_\_\_\_\_

Within the center, I imagine \_\_\_\_\_



### Intuition Window – Example

When you come to the edge of all that you know,  
you must believe one of two things:  
there will be earth upon which to stand,  
or you will be given wings.

Author Unknown

How can I bring forth good fruit today?

Near the moon,  
I imagine . . .

Near the star,  
I imagine . . .

Near the lightning bolt,  
which brings fresh rain,  
I imagine . . .

Near the sun,  
I imagine . . .

Within my heart, I imagine . . .

