

Focus's for INOWT Meditation

- ✓ **Sounds** (inner or external) eg. Inner ear clicking, birds, washing machine, music. Let it remind your of an internal 'pattern
- ✓ **Images internal or external.** eg. I kept dreaming of Lions and seeing them in my bathtub tiles/magazine images.
- ✓ **Symptoms and Illnesses.** Anything. eg. Migraine Headaches, Colds, Back Pain, Blood Pressure. Jaw stiffness etc.
- ✓ **Statements** Positive Affirmations or words that draw your attention repeatedly.
- ✓ **Memories**
- ✓ **Body Sensations**
- ✓ **Smells that invoke a memory or feeling**
- ✓ **Dreams.** Any portion of a dream one image or feeling is sufficient.
- ✓ **Human Need List**
- ✓ **Feelings**
- ✓ **Arguments, annoyances and avoidances.**

*High energy moments. (crisis, arguments or anxiety attacks) See the Pocket Guide. Get to the feeling level, then proceed. Crisis or triggers are really wonderful opportunities. This is when the energy of our life bubbles 'up' ready to be transformed, At these times access to our right brain faculties and our undeniable truth is easier.

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